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OFFICIAL MANUAL

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SPECIAL SELECTED

**Money, Time and Labor-Saving Formulas,
Recipes, and Processes for the Household,
Toilet and Self-Culture, Success, Money
Making and Trade Secrets, Extraordinary
Medical Remedies and Health Treatments**

A priceless collection of practical ways to save money, time, labor and suffering, specially designed to meet the everyday needs of the people, containing tested and reliable recipes and formulas; hidden knowledge from rare books, and much valuable information never before published, including the most unique, simple and practical preparations and methods to promote HEALTH, HOME COMFORTS and PROSPERITY obtained from many different parts of the world—the best that each nation has to offer—by twelve years of exhaustive research in

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RECORDS OF ORIGINAL INVESTIGATIONS BY EXPERTS
OF THE UNITED STATES BUREAU OF ECONOMY
AND FROM MANY OTHER RELIABLE
SOURCES

The Section on Household Economy gives many new ways of reducing the time, expense and drudgery of housekeeping.

The Section on Medical Treatment gives remedies and treatments used by the most successful physicians and specialists, including simple and positive cures for the most obstinate ailments, many of which are considered incurable, and these remedies are within reach of persons in the most humble circumstances.

The Section on Toilet and Self-Culture gives private recipes and instructions in self-culture obtained from celebrated physicians and famous women of the United States, Europe and the Orient which are safe and wonderfully effective in restoring and preserving youthful appearance.

The Section on Money Making and Success tells just how anyone can start a permanent and profitable business in spare time with small capital; shows how large fortunes have been made from very small beginnings by the manufacture of single preparations according to these formulas, and gives definite instructions on the subject of success.

SPECIAL EDITION PUBLISHED BY

THE UNITED STATES BUREAU OF ECONOMY

Correspondent at Washington, D. C.

NEW ENGLAND OFFICE: SPRINGFIELD, MASS.

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THE UNITED STATES
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ECONOMY

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and Health Treatments

*UNIQUE, PRACTICAL AND VALUABLE KNOWLEDGE
USEFUL TO EVERYBODY, EVERY DAY, EVERYWHERE*

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REMARKS

The UNITED STATES BUREAU OF ECONOMY was established for the purpose of promoting the welfare of mankind, by placing within reach of the general public, in condensed form and simple language, the most unique, practical and helpful knowledge on the subjects of Health, Domestic Economy, Business Success and Self Culture, obtained from the greatest authorities in all parts of the world.

Readers of this publication who desire to aid in this great work for the benefit of humanity, may do so by contributing to the records of the Bureau any useful and practical information of special merit, on the subjects above mentioned. A suitable price will be paid for trade secrets and important items of exceptional merit, which are accepted for publication.

The value of any work of this kind lies solely in the amount of useful knowledge conveyed—not in the bulk of paper or flowery word padding it contains, and in this busy age no apology should be necessary for brevity and conciseness.

The sources from which the information contained herein have been derived are such as to render it deserving of the highest confidence. Thousands of volumes were consulted, ranging in price from one to fifty dollars, some of which are now out of print and many of the formulas have sold separately at anywhere from one to fifteen hundred dollars each, but in a work of this very exacting nature errors are liable to occur, although great care has been taken to prevent such by careful selection, comparison and tests. Should any be noticed, however, by our readers, they will confer a favor by calling them to the attention of the Bureau so that they may be corrected.

The proportions of ingredients called for in all preparations are subject to slight variations, owing to the wide range of kinds, qualities and strengths of a specified material which are sold in different sections of the country, and a small portion of good judgment must be added to each formula to insure the best results.

All proprietary articles and books recommended in the following pages appear upon merit alone and without knowledge of their respective manufacturers or publishers.

THE UNITED STATES BUREAU OF ECONOMY.

SECTION I.

EXTRAORDINARY MEDICAL REMEDIES AND HEALTH TREATMENTS.

“A sound mind in a sound body is a short but full description of a happy state in this world. He that hath these two, hath little more to wish for here, and he that wants either of them, will be but little better for anything else.”—Locke.

In this busy age we are all too prone to neglect the study and care of our most valuable earthly possession, the human body. The mad rush for wealth and pleasure takes all of our attention and oftentimes we do not notice the approach of physical breakdown until too late to mend.

An inscription over the entrance to the temples of the ancients read, “Know Thyself.” This was considered to be the greatest advice which could be given to mortals and to this day it stands unequalled as wise counsel. Every person should study the human body and indications of normal condition so as to know at all times the exact state of their own health, and of the health of those with whom they are compelled to live or associate. Much disease and suffering could thus be avoided by employing the proper remedies at the beginning of an ailment, when the most serious diseases might be aborted or greatly diminished in activity and duration. Each individual is more or less affected by the state of health of every person with whom he comes in contact, and all are responsible for the general health of the community, and if this practice should become universal, there would be no such thing as chronic diseases in the near future, and eventually the whole human race would become immune to disease through the resultant increase in natural vigor and power of resistance.

“There is a divine promise in every seed. If planted under right conditions and properly cared for, it will develop and bring forth other seed a hundredfold or a thousandfold. A rich reward is promised for every right act. An act is like a seed. If we sow a crop of right conduct, we shall reap a harvest of health,—physical, mental and moral. The man who plants corn, reaps corn. The man who plants disease, reaps disease. The man who plants health, reaps health.”

The medical remedies and treatments given in this section are second to none in the world, and have in some instances produced almost magical results in vitalizing and restoring health and power to the sick and ailing. Effective means are given for the treatment of many diseases, both acute and chronic, some of which have been considered practically incurable, but there are some ailments which medicine and treatments will not cure. Will-power, thought and emotions are important factors in healing, and for some persons, a change in methods of living, occupation or climate is required. For others, love, companionship, rest, fresh air, exercise, or nourishing food may be absolutely necessary for return of health. Prayer and good deeds will in some instances result in extraordinary cures, and it goes without saying that idleness, evil passions, debasing habits and excesses are directly responsible for a large proportion of mental and physical maladies, for which medicines could only act as temporary palliatives.

No attempt has been made to cover the entire field of curative measures. This would be practically impossible in a work of this size, for it would require a volume many times the size of this one for medicines alone, not to mention the various other systems of cures, such as hydropathy and mineral baths; solar-path, including the color cure; naturopathy, the earth and rest cure; electro-magnetism and electricity; the manipulation systems, including osteopathy; chiropractics, Swedish movements and massage, nerve pressures, mechanical vibration, and the art of the natural bonesetters, etc.; also the many special curative instruments and devices such as oxydonor, actina, electric belts, body braces, grow-tall and vacuum apparatus and various other contrivances.

Then in addition to all these there is mental therapy, including prayer and faith cures such as are practiced at Lourdes, St. Anne de Beaupré and other shrines; the temper cure; animal magnetism and hypnotism, also the science of right action, scientific breathing, calisthenics, diet, hygiene and climate, which were previously touched upon, any one of which is an extensive study in itself.

Each of the above has special healing virtues in certain cases, not to be found in any other method. No one curative system of the present day contains more than a small portion of the complete science of remedial measures, but a work is now in course of preparation by the Bureau which will unite the proven virtues of all known curative methods into one grand system and place the science of healing among the exact sciences. No mention has been made heretofore of the influence of the sun, moon and planetary forces, which most persons associate with fortune telling, but when we consider what an unthinkable gigantic force it requires to suspend the earth and planets in space and hold them to their orderly course throughout the centuries; and when we realize that the power of the moon which governs the tides is imperceptible to the senses and that it is of the same nature as planetary influences, and the gravity of this earth, the most subtle and irresistible yet entirely imperceptible force known to science; then we begin to understand that these influences must be reckoned with in all earthly affairs, the cure of disease being no exception. Many spontaneous epidemics and plagues can be directly traced to malefic or benefic influences of the heavenly bodies by those who are conversant with the true science of both the heliocentric and geocentric systems of astrology.

In cases of serious deformities and organic structural deficiencies, either inherited or caused by accident, prayer or animal magnetism (not hypnotism) are the only hopes, but so many marvelous and well authenticated cases are on record of where the lame, the halt and the blind have been made whole by these means, that in no case, no matter how serious it may be, should hope be abandoned until these measures have been given a thorough trial. A firm and persistent determination to get well

and stay well is of first importance; then, the study of the body, its needs, functions and purposes, and of the various means to promote health, together with a daily self-examination, will reveal the proper medicines or curative measures required. Let reason and intuition be your guides and always remember that time is as necessary for normal restoration as it was for the original construction of the human body.

It is a well established fact, which nearly every one has experienced, that on account of differences in constitutions and causes of disease, what will cure one person of a certain ailment may be of little or no benefit to another with the same trouble or even may have a directly opposite effect. This is noticeably true in general debility, skin troubles, etc., and for this reason several different proven remedies are given for each.

It is false economy to buy cheap drugs, as they are generally worthless, being either stale or inert, adulterated, or false substitutes. Insist upon having the true drug in a fresh and pure condition and accept no substitutes.

In all contagious diseases and serious ailments a physician should be consulted at the earliest possible moment.

Doses unless otherwise stated are for adults.

Rule to Determine the Dose of Any Medicine for Children:
Add 12 to the age and divide by the age. One divided by the result represents the fraction of the adult dose for a child. For example: A child three years old will require 3 (the age) plus 12 equals 15 divided by 3 (the age) equals 5; 1 divided by 5 equals 1-5 of the adult dose. Of powerful narcotics children will require scarcely more than half of this proportion.

ELIXIR OF LONG LIFE.

It is a self-evident fact that to prevent disease from obtaining a foothold in the system, is far better than to suffer from an attack even if a positive and infallible cure is known. The following remedies purify and enrich the blood and if taken in time will prevent many a serious illness.

German Formula: Tincture of aloes and myrrh, 8 oz.; tincture of rhubarb, 2 oz.; tincture of saffron, 4 dr.; compound tincture gentian, 1 oz.; simple syrup, 2 oz.; alcohol, 95 per cent, a quantity sufficient to complete 1 pint. Dose, one-half to one teaspoonful or more according to the effect on the bowels.

American Formula: This formula differs somewhat from the preceding one and is in a powdered form to be used as a tea. Gentian, 4 oz.; buchu, 4 oz.; true turkey rhubarb, 2 oz.; buckthorn bark (Frangula, at least 1 year old), 2 oz.; dandelion root, 6 oz.; senna leaves, 2 oz.; licorice root, 6 oz.; coriander seed, $\frac{1}{2}$ oz.; anise seed, $\frac{1}{2}$ oz. Reduce all to a powder and mix thoroughly. Steep one-half to a heaping teaspoonful or more in a cup of hot water and drink on retiring, or the powder may be taken dry mixed with sugar. Regulate the dose according to the effect on the bowels and reduce it for children.

Another valuable preventive of disease if taken the first thing every morning on an empty stomach, is lemon butter-milk made by squeezing a little lemon juice drop by drop into a glass of sweet milk stirring it all the while.

AQUA VITÆ.

This remedy was so named by an English legislator on account of the very wonderful results experienced by him from its use as a restorative for a run-down system, accompanied by obstinate indigestion.

Slake $\frac{1}{2}$ oz. quicklime by sprinkling on it a little water and when it has fallen to a powder, add water, $1\frac{1}{2}$ pint; and bruised cinchona bark, 1 oz.; macerate with occasional agitation for three hours in a covered vessel, then decant the clear liquor, and further add tincture of cinchona bark, 2 oz.; sweet spirit of nitre, 3 dr.; syrup of orange-peel, 1 oz. Mix well and keep it in a corked bottle. Dose: One-half to one wine glass two or three times daily.

BLOOD SOLVENT FOR MINERAL DEPOSITS OF OLD AGE.

Physicians and scientists declare that there is no reason why all may not live to a ripe old age in full possession of physical and mental vigor, if the chemical balance of the blood could be maintained between supply and waste.

In cases of deficiency of mineral elements in the blood, the balance may be restored by the use of the Schussler Biochemic Tissue Remedies which may be obtained of druggists who carry homeopathic medicines. Where these mineral salts are in excess and form deposits in the tissues and blood vessels, thus reducing the blood supply and interfering with nutrition and the removal of waste from various parts of the body, the following remedy will prove beneficial by dissolving out such deposits and allowing the blood to flow freely and restore health and vigor.

Phosphoric acid, 85 per cent U. S. P., 4 dr.; lactic acid, U. S. P., 3 dr.; syrup orange, 1 dr. Mix. Dose: One to three drops in a glass of water three times per day.

The phosphoric acid, owing to its power to dissolve phosphate and oxalate of lime, prevents morbid secretion of bony matter which hardens the arteries and makes them brittle and corrects phosphatic deposits in the urine. It is also a tonic and stimulant to the digestive organs and invigorates the whole system.

The lactic acid or milk acid is a natural constituent of a number of the secretions of the body, including the healthy gastric juices. It removes the phosphatic deposits in the urine and is useful in dyspepsia. It is also stimulant and germicidal and corrects the diarrhoea of old age.

Boericks and Tafel, Philadelphia, Pa., and The Luyties Homeopathic Pharmacy Co., St. Louis, Mo., are manufacturers of the Schussler Biochemic Tissue Remedies mentioned above and both firms publish pocket guides to the use of these cell salts, which they send free of charge to all interested parties.

SIMPLE ELECTRICAL CURE FOR ALL BLOOD POISONS.

We read almost daily in newspapers of cases where persons die of blood poison caused by simple little cuts and scratches, not to mention the Fourth of July victims. The following simple treatment will cure all cases of blood poison, both traumatic and syphilitic, if taken in time:

Directions—As soon as the first symptoms of blood poison make their appearance don't lose a minute, but go to a doctor or any other person who has a good galvanic apparatus with not less than ten to fourteen fluid batteries (no dry batteries and no wet batteries where the zincs have been amalgamated with mercury), and take a twenty-minute-long treatment, putting the positive pole on bare skin on back of neck, and the negative pole on bare feet. After twenty minutes' treatment from neck to feet, get a dish of warm water, put the negative wire, to which a piece of carbon or zinc is attached, into the water, hold your hand, or wherever the blood poison is, in this water for about ten minutes. Take those treatments at least three times per day, and in three days' time your blood poison will be a thing of the past. If blood poison happens to be on the foot, put your foot into the water and treat as above. Many cases have been cured in this way in a few days' time. Gangrene responds to this mode of treatment quickly even in long standing and severe cases.

Syphilitic blood poison requires, of course, a longer time, but nearly all cases are cured in four months' time.

There is another form of electrical treatment which offers new hope for chronic sufferers from gout, rheumatism, hardening of the arteries, diseases of the nerves, locomotor-ataxia, neuritis, paralysis, genito-urinary disorders, kidney and stomach troubles, cancer, eczema, and other skin affections and a host of so-called incurable diseases. It has long been known that chemicals and surgery are uncertain or even useless in these disorders because they do not go to the root of the trouble.

This new electrical treatment is a combination of static

electricity, diet and the X-ray which can only be applied by an expert who is equipped with the advanced knowledge and expensive apparatus required, therefore no instructions can be given here for this method, but as such wonderful and rapid cures are accomplished by these means, it was deemed advisable to touch upon it briefly, so that those who may require it would learn of its existence. The treatment includes: cataphoresis, or the diffusion, by means of a continuous electrical current, of metallic copper into the tissues, which forms a powerful antiseptic and kills all germs; and the dispersion of obstructions; regulation of the blood supply to the affected part; stimulation of nerve currents and invigoration of the white blood corpuscles by powerful pulsatory currents of static or frictional electricity similar in nature to the electricity of the atmosphere. These electrical currents have great penetration and diffusion and flow into the deepest tissues and congested areas, setting into vibration every particle of muscle and protoplasm, expelling the accumulated waste deposits into their proper channels of exit and clearing a way for a new supply of arterial blood, which brings nutrition, repairs the broken-down tissues, restores normal activity and increases the "opsonic index" or power of resistance of the body to outside forces seeking to destroy it.

ELIXIR OF YOUTH.

A heretofore closely guarded secret remedy. A cleansing, intestinal antiseptic which removes the cause of auto-intoxication, or self-poisoning; stimulates the vital functions and produces an extraordinary increase in vigor.

Depleted vitality or run-down system is the basic cause of nearly all disease. The weakest part of the body has to suffer when there is not sufficient vital force to supply all parts. Building up the general health will oftentimes cause many obstinate ailments to disappear spontaneously after having successfully resisted all special medication.

Extract Peruvian bark, 4 dr.; extract golden seal, 2 dr.; ex-

tract damiana, 4 dr.; extract capsicum, $\frac{1}{2}$ dr.; extract myrrh, 2 dr. Mix.

Chloride of sodium, 1 oz.; hot water, 1 pint. Dissolve chloride of sodium in the hot water, add the first mixture to the chloride of sodium water and to this add 4 oz. best alcohol. Use one tablespoonful to a quart of warm water via rectum. Use the Elixir one night and a tablespoon of olive oil the next, alternating thus for five or six nights.

Scientists declare that koumis, or fermented milk, is a natural elixir of youth and records show that in those parts of the world where koumis is popular as a daily beverage, the natural term of life is greatly extended and many of the people live to an extreme age in full possession of vigorous health and all faculties. Koumis, or fermented milk, is made as follows:

Fresh milk, 1 quart; thick milk (Bonnyclabber), 1 pint; white sugar, 2 oz. Mix and take two one-gallon jugs and pour the mixture from jug to jug until it is smooth. Allow it to stand for ten hours at a temperature of 70 to 80 degrees. Then pour again from jug to jug until the mixture is smooth. Bottle in soda bottles which must be tightly corked and tied down. Place in a warm room for 36 hours and then on ice. When cool it is ready for use. Keep it on ice.

THE GREATEST NON-INJURIOUS PAIN REMEDY KNOWN.

This remedy comes from the Chinese island of Hainan in the East Indies and was known to the ancient Greeks and Arabians. It costs but a few cents an ounce and relieves rheumatism, cramps, headache, neuralgia, colic, toothache, or any ordinary pain, internal or external, and is not injurious in its effects.

East India galangal root (China root, India root). Grate the root to a powder and take from one-half to a level teaspoonful in two tablespoonfuls of warm water. For bathing, pound or grate to a powder 1 oz. of the root and add to 1 pint of alcohol. This root will also break up chills and fever, and where it is applied ordinary pain cannot exist.

HEALTH AND VIGOR TREATMENT OF THE ANCIENT GREEKS AND ROMANS.

The human body is an aggregate of living units or cells, each having its own nature and duty to perform; all requiring proper nourishment and rest and the cells of one function are more or less dependent upon those of every other, much the same as are the individuals of the human race. They are also subject to annoyance and injury by foreign intruders, commonly called germs, which are taken into the body through the lungs, skin and stomach and they obstruct and hinder them in their work, rob them of their share of food and even attack and kill them.

It is a well established scientific fact that the white corpuscles of the blood are the soldiers, so to speak, which attack and destroy these foreign living organisms, by devouring the vanquished foe much the same as the cannibal tribes of the lower races of humanity were in the habit of doing.

Microscopic examinations of the blood of living persons have shown that under certain conditions these white corpuscles neglect their duty, either from lack of strength or of sufficient numbers to attack and destroy the intruding germs and therefore allow these enemies of the human body to remain in the blood stream as permanent tenants. This saps the strength of the individual, reduces his efficiency and when some special cause lowers the vitality of the system, these germs begin to multiply in numbers and feed upon the red and white blood corpuscles and tissues of the body.

The principal cause of the inactivity of the white corpuscles is the accumulation of filth and waste products in the blood stream and tissues which is their home and any means by which these impurities may be removed in a natural manner, will increase the vigor and power of the human body and prevent and cure disease.

Nature has provided the bowels for removing waste matter from the digestive organs, and lungs and the sweat glands for removing impurities from the blood and tissues.

The whole surface of the body is covered over with some

seven millions of tubes or pores, each about a quarter of an inch in length, and if stretched from end to end they would extend nearly twenty-eight miles.

This immense drainage system removes both solid and fluid waste products and it is easy to imagine what serious results follow the obstruction or inactivity of this function of perspiration.

Bathing, of course, removes surface accumulation, but dry heat is required to bring a sufficient volume of blood to the surface and to stimulate the excretory power of the sweat glands.

Heat is the best and most universal disinfectant and is therefore an active agent in destroying germs as well as an aid in stimulating the body process which brings them to the surface. All animal poison is at once destroyed by a temperature of 160 degrees and the temperature of a hot air bath may reach 160 to 200 degrees with safety to the bather. The high heat of a hot air bath effectually extracts and kills the poisons of nearly every disease known to physicians.

It quickly destroys the uric acid of rheumatism and dysentery and diarrhoea are quickly and absolutely controlled by the action of dry heat. Vaccine loses its effect at once if exposed to a heat of 95 degrees, and ten minutes' exposure to a temperature of 140 degrees destroys the germs of cholera and tuberculosis.

As an illustration, a certain New York physician, not believing in vaccination, was confronted with the alternative of either having his children vaccinated or keeping them out of the public schools. He decided to allow them to be vaccinated, but in each case, after his children arrived home from the vaccine operation, he gave them a "thermal" bath. The result was that the vaccine never "took" on any of the children. The vaccine was extracted from the body by the heat and destroyed at 95 degrees.

The value of the hot air bath to both the sick and well is beyond belief. Taken once a week it prevents disease and brings about a perfect condition of cleanliness and a feeling of physical well being and there are no diseases in which it cannot be made beneficially available while in many cases it possesses

curative power beyond comparison, superior to any agent the medical profession can command.

The bath produces an artificial and easy perspiration, and this explains why people who use it freely do not require exercise for health but pass from the extreme of indolence to that of toil.

It is the general belief that the hot air bath is weakening, but on the contrary when scientifically and properly used there is invariably an increase of strength and endurance.

The shampooers in the Turkish baths often live to a vigorous old age and spend the greater part of their lives in the hot chambers subject to great perspiration.

It is conceded by all who have studied Roman history that, as a race, the Romans took the lead as far as physical strength and endurance was concerned and these people were well acquainted with the power of the hot air bath and made the treatment part of their daily lives, and by many authorities this is given as the cause of their enormous mental and physical power.

The Roman bath-houses were of gigantic proportions. One of these, built by the Emperor Diocletian, was capable of accommodating 18,000 bathers at one time, occupying an area of about twenty-five city blocks, or about one mile in circumference.

In the reign of Emperor Tiberius, from 37 to 14 B. C., there were nearly 900 bath-houses in Rome alone, and outside of Rome provisions were made for giving the baths wherever the Roman army was stationed and wherever there were Roman settlements. Homer relates that the Greeks used the hot-air bath over 3,000 years ago.

In taking these hot-air baths at home judgment and good sense are required so as not to overdo the thing the first time. If the patient is weak the feet should be put in hot water; hot drink given freely before going into the bath and while in the bath, the patient should take a swallow of cold water often and have some one bathe the face in cold water.

The first bath should be of short duration, and if the patient is weak, from three to five minutes is sufficient. The body should then be sponged well with tepid water without exposing any more of the surface than necessary, keeping the blankets

or cabinet well closed about the patient. Then wipe dry and rub well with cocoa butter or one of the other preparations mentioned below.

The nature of the bath is to make one sleepy and restful and the proper time to take it is at night upon retiring, as there is less danger of taking cold. In cold weather a person should remain indoors for a few hours after the bath and at no time should the bath be taken sooner than two or three hours after a meal.

In cool weather the blankets or cabinet should be warmed before using, and water drank freely before going in, as this is necessary to wash the impurities out. The temperature of the room should be about 70 degrees. After perspiring freely for from five to fifteen minutes, throw back a part of the cabinet or blanket and begin rubbing the body with sponge or wash cloth wet in tepid water.

Gradually proceed in this manner and if the person's skin is not active or they take cold easily, dry the skin quickly and rub with alcohol or cocoa butter. After taking a few baths this will not be necessary. Sea salt water is good to use for sponging after the bath and many prefer witch hazel to everything else.

The following is a fine invigorator for use after the bath where the person has an inactive skin. Tincture aconite, $\frac{1}{2}$ dr.; oil of wintergreen, $\frac{1}{4}$ oz.; 95 per cent. grain alcohol, 8 oz. Mix and add witch hazel, 8 oz. If it is too strong, dilute it with water.

There are many patented appliances and bath cabinets on the market but directions will be given here for taking the old-fashioned rum sweat of our forefathers.

The patient is seated on a high wood bottom chair or any other, provided care is taken that the bottom is so covered that the flame will not burn him. Then a large blanket is thrown around him from behind, covering the back of his head and body as well as the chair, and another passed around him in front, pinned so loosely at the neck that he can put it on or off his face as occasion may require during the bath. The blankets must join each other at the sides and reach to the floor so as to

prevent the hot air from passing off. Then a cup containing two tablespoonfuls of brandy, wood alcohol or grain alcohol is placed upon the floor directly under the centre of the chair and lighted from behind with a taper.

The liquid is allowed to burn until consumed or until the time has elapsed, when it should be carefully removed. Great care should be exercised to prevent fire.

Then sponge the patient with tepid water and proceed as above directed. Those who have heart weakness can get all the good and none of the ill effects of the bath by sitting on a high stool or standing in a cabinet so that only the lower half of the body will be enclosed by the blanket or cabinet.

After retiring, put on only enough covering to keep the system in normal condition; perspiration should not continue in bed, neither should there be insufficient protection from cool air.

A person should not go out of the bath into a cold room. Use just plain everyday judgment, and if you should take cold through your own carelessness take another bath at once and cure yourself. Taken at the proper time this bath will cure a cold in ten minutes.

The hot-air bath described above is useful in the following diseases: Rheumatism, gout, sciatica, neuralgia, colds, throat and lung troubles, grippe, dyspepsia, stomach and liver troubles, kidney, bladder and urinary troubles, all skin diseases, lumbago, malaria, nervousness, insomnia, catarrh, intoxication, and is an effectual and speedy way of treating hydrophobia and blood poisons.

ESSENCE OF LIFE.

A powerful tonic rebuilder and system renovator. A useful remedy for all diseases.

German Formula: Buchu leaf, 8 oz.; urva ursi leaf, 2 oz.; powdered rhubarb, 4 oz.; powdered cinchona bark, 8 oz.; ground resin of guaiac, 2 oz.; ground cloves, $\frac{1}{2}$ oz.; podophyllin resinoid, 2 dr.; alcohol, diluted, 1 gal.; sassafras bark (ground),

1 oz. Macerate fourteen days and filter. Dose, one to two teaspoonfuls, to be taken one to three times daily, according to effect upon the bowels and kidneys.

INSTANT CURE FOR FEAR AND WORRY.

Fear causes a terrible disturbance of the vital energies of the body by partially paralyzing the solar plexus and preventing the nerve current which governs the process of digestion from acting.

The solar plexus, or abdominal brain, is the distributing center of the sympathetic nervous system and as a nerve center it is second only in importance to the brain. It possesses one special faculty of the true brain, viz., memory, and because of this any impression which has once produced the sensation of fear, with its paralysis of the nerve center, can reproduce it again and again.

Worry is caused by fear and is but a repetition of the fear thoughts, and a cure for both fear and worry is at the seat of their cause, the solar plexus.

By the following exercises a volume of air is pressed with force against the nervous mass, causing a sort of stimulation of the ganglia. This actually massages the plexus into activity and so removes the paralysis caused by the fear. At the instant the paralysis of the nerve force ends, the fear departs, and the blood which has receded from the extremities of the body to center about the heart, resumes its normal circulation and all is well again. This is what you must do when you are in fear or worry:

Sit or stand straight. Draw in a deep breath through the nostrils into the upper chest, expanding the ribs. In fact, draw in as much air as you possibly can. Now in order to force this air as high up into the upper lungs as you can, draw in the stomach and intestines and you will find at once that the ribs expand with the air you have displaced below. Practice once or twice this drawing in of the stomach and forcing the air up into the chest. Now here follows that part of the process which

cures the fear and worry and restores the circulation. Mark it well, and practice it many times a day until you can do it perfectly. It will never harm you, but on the contrary it will often ward off colds and chills and cure insomnia when nothing else will. This is what you must do:

After you have forced all the air possible into the upper chest, you must forcibly, with effort and suddenness, holding the breath, not exhaling at all, reverse the process and force the air down by expanding the abdomen and intestines. It is this sudden expansion of the abdomen which restores the solar plexus to its activity. You will soon learn to do this easily after a few trials.

NATURE'S MIRACLE REMEDY.

In these days of wonderful scientific achievements, we are too prone to neglect the simple and commonplace, but no less potent, remedies, which Mother Nature has provided close at hand for her suffering children.

In our blind search for health, we turn our back on its very source, and wander into the labyrinth of specialized products of the chemist's art, hoping thus to find relief from suffering brought on by our own folly and ignorance, but we are doomed to bitter disappointment and must sooner or later return, bruised and beaten, footsore and weary, back to Mother Nature, where alone we can learn the great lesson of life and be healed of all ills.

It may surprise many to learn that pure clay obtained from under the surface, perfectly free from drainage and organic impurities, is a sovereign specific for a great number of serious ailments.

One who has not used it could hardly believe what power it has over disease and injuries. The curative virtues of clay have been known and utilized by primitive people from the most ancient periods up to the present, and civilization can learn many valuable lessons from these children of nature.

Earth is a marvelously safe and effective disinfectant,

cleanser and purifier. The dog instinctively knows this when it buries the piece of tainted meat to purify and freshen it.

Dry clay has a strong affinity for all germs and disease products of the body. A poultice made of a layer, one inch or more in thickness, of dry powdered clay, confined between layers of clean cheese cloth and heated quite hot on a board in the oven at the time of application, will draw out an unbelievable amount of pus from chronic sores or internal diseased parts of the body.

The poultice must be renewed as often as it becomes foul and applied continuously as long as there is any discharge, otherwise the accumulation of disease matter, at the point of application, collected from all parts of the body, may cause serious results.

A person bitten by a rattlesnake can be cured if quickly immersed completely in soft mud, with the exception of the head, and kept there several hours or until the poison has been counteracted or drawn out.

Clay water rubbed over the exposed portions of the body will prevent sunburn, and a paste of clay and water will bring quick relief from stings and bites of insects.

Everything on this earth originates in the soil we walk on; it is mother of all and contains all the elements which can be found in any drug. It is a wonderful purifier for old sores, and heals wounds and allays inflammation in a marvelous manner.

Antiphlogistine, one of the most valued remedies in use today by physicians and hospitals, has for its base and principal ingredient a special form of clay.

For sores or wounds of any kind, simply apply a thick layer of clay paste made with water or water and glycerine, and renew as often as it becomes hardened or foul from discharges.

Clay used for open sores and wounds must be perfectly sterile and free from germs. If there is any doubt about its purity, it should be heated quite hot in a pan in the oven for a few minutes before using it.

For burns, mix dry powdered clay with olive oil to the proper consistency.

For deep seated inflammation or bruises, make a clay poultice by softening up some good clay with a solution of 1 oz. of

glycerine to 16 oz. of water, to about the consistency of butter. Lay a piece of cheese cloth next to the skin to prevent it from attaching itself to the hairs, so that its removal will be painless, then spread on as thick a layer as possible and cover with a cloth bandage. If a sweating action is desired, cover this again with rubber or oil silk.

In some cases it may be advisable to rub in some good stimulating liniment before applying the clay, and in pneumonia, inflammation of the bowels or severe inflammatory rheumatism, the clay poultice should be heated quite hot in a pan in the oven before applying.

Blue clay gives the best results for acute inflammations or burns; red clay for indolent sores and chronic ailments, and yellow clay for nervous affections and shock. Yellow clay is the best for all around use if blue or red clay is difficult to obtain.

A mud mixture of equal parts of clay, fertile sandy loam, and rich black soil, plastered thickly all over the body while lying down in the sun, and letting it remain on until it dries hard, will not only draw out foreign poisons and those of the worst chronic diseases, but will nourish the body and rebuild it to an unbelievable extent.

The head should be protected from the glare of the sunlight and plenty of water, at about the temperature of the body, should be taken internally.

A platform of wood raised from the earth should be used for this purpose, for if the person be weak and the body come into electrical contact with the earth through the wet mud, too much vital force will be drawn off thereby.

The beneficial action of clay is to a great extent mechanical as well as chemical and the most satisfactory results are obtained from applying it in thick layers and large quantities and changing it often.

BRAZILIAN CURE FOR KIDNEY DISEASE.

Pariera brava (*Cissampelos pariera*) is recommended by the Brazilian government as a valuable remedy for kidney disease.

The drug is a tonic, laxative, diuretic and stimulant, useful in chronic inflammation and ulceration of the kidneys and bladder; also for stone and gravel; and in rheumatism, jaundice, dropsy and leucorrhœa.

Brazilian pariera brava, 1 oz.; water, 3 pints. Put in a close covered vessel and boil it down to 1 pint. Take a small wine glass full one hour before each meal. If the fluid extract is preferred, the dose is one-half to one teaspoonful.

Drink fresh rain water caught in a wooden or enameled vessel, for the kidneys; drink all you want and if you don't want enough, drink more.

JAPANESE HOME REMEDY.

The Japanese have discovered that the citric acid in lemon juice will destroy germs and cure twenty different diseases. There is but one other thing in the whole range of medical science that will cure as many different diseases as will the lemon, and if people knew how to use the lemon as medicine they would save an enormous amount of suffering and vast sums of money now spent for useless preparations.

The lemon if applied in time will scatter a felon. Cut off the end and insert the finger in the lemon and bind it on. In the morning the accumulated matter can be removed with a sharp instrument.

A lemon roasted or baked in a moderately heated oven for about half an hour, or until it begins to crack open or the juice begins to exude, and taken in doses of from one-half to a tablespoonful of the juice sweetened to taste four times a day, is one of the most effective remedies known for the cure of colds and coughs, especially those of long standing. In severe cases take a dose every two or three hours.

The juice of half a lemon added to two tablespoonfuls of water and a tablespoonful of sugar taken all at one dose and repeated three times daily will cure biliousness and malarial diseases without the assistance of any other medicine and without injurious after effects.

Lemon juice has cured erysipelas and diphtheria when all other means have failed. For diphtheria the throat should be gargled with the juice every hour or two and at the same time from one-half to a teaspoonful swallowed. This cuts loose the false membrane in the throat. If the clear juice is too irritating it should be slightly diluted with water.

A lemon will cure more cases of rheumatism than any other known remedy. Fill a quart bottle with sliced lemon and then fill up the bottle with grain alcohol. Take one half tablespoonful before each meal and before retiring.

Lemon has cured some hopeless cases of dropsy. To begin with take the juice of one lemon a day, pulp and all, sugared to taste, and increase gradually until eight or ten a day are taken.

For heartburn, take a dose of one-half tablespoonful diluted with water.

For sore throat, use the lemon juice as a gargle and swallow a portion of it.

Lemonade taken at intervals will cure hiccoughs when all other means fail.

Lemon juice is the Spanish people's remedy for chills and fever, which they regard as infallible.

A half tablespoonful of lemon juice taken before each meal and before retiring has permanently cured many cases of asthma.

Scurvy can be cured or prevented by taking a tablespoonful of lemon juice three times a day.

Lemon juice will usually relieve an attack of hoarseness if gargled and a small portion swallowed.

A lemon applied to corns a few times and a piece bound on the corn over night is an efficient remedy.

To remove tan from the face, wash with lemon juice.

For sty in the eye, apply a small piece of lemon pulp and renew two or three times.

Almost any case of simple headache can be cured by adding the juice of two large lemons to one quart of common table tea made from the best green tea, adding the juice to the tea while the latter is boiling hot, and when cool bottle for use. It should

be taken in dose of a teacupful every two or three hours. Lime juice seems to possess about the same medicinal properties as lemon juice and is sometimes used in place of the lemon.

YOGI MEDICINAL BATH.

A sponge bath of agreeable temperature taken three times a week with water containing the following mixture is very cleansing and strengthening to the body: Crude sea salt (not re-crystallized), 85 oz.; effloresced sulphate of soda, 15 oz.; dry chloride of calcium, 4 oz.; iodide of potassium, 2 dr.; bromide of potassium, 1 dr.

Mix the last four together thoroughly, then add to the sea salt and mix again until all are evenly distributed. Keep in a well stoppered glass jar, away from moisture, and use 4 oz. to a gallon of water for the sponge bath.

RUSSIAN HOME REMEDIES.

Two very simple yet potent remedies found in most homes are salt and kerosene oil. The Russians say that salt is more valuable to cure sickness than all the drugs in an empire. There is no one thing known that will cure so many diseases as will the remedies prepared from table salt. One thousand men, besides women and children, who live in the most famous salt mines in the world, at Cracow, Russia, have no doctor and cure all of their ailments with salt remedies.

In Russia crude petroleum was used for medicine ages before it came into use for commercial purposes and lighting. The oil springs were known as health springs.

Salt is useful in the following list of ailments:

One-half teaspoonful of salt in a quarter of a teacup of water used to bathe chronic sore eyes has cured when all other efforts have failed.

For catarrh, add one-quarter teaspoonful of salt to one-half pint of milk and snuff it alternately into each nostril, retaining

it there for half a minute by holding the nose with the finger. Repeat it three times a day and gradually increase the strength of the solution, each week adding a little more salt, but not enough to give irritation at time of using it. The solution should be warmed before using.

An eminent physician of New York City has had great success in the treatment of bleeding piles by injecting a strong solution of salt two or three times a day.

A strong solution of salt applied with cloths to sprains and bruises is a speedy relief.

A tablespoonful of salt to half a tumbler of water and as much good vinegar and a teaspoonful of ground black pepper, taken in doses of two teaspoonfuls every twenty minutes, is a good remedy for cholera-morbus.

For colic, a teaspoonful of salt dissolved in half a teacup of cold water will give relief.

Roasted salt is said to be a specific for fever and ague. Take a handful of fine white salt, roast it in a stove with moderate heat until it turns coffee color. For an adult a tablespoonful dissolved in a glassful of tepid water taken each morning following the fever. To overcome the thirst that may follow take a small quantity of water through a straw. During the succeeding forty-eight hours after using the salt, the food should be chicken or beef-broth.

A pinch of salt dissolved on the tongue upon retiring will relieve many cases of troublesome cough.

Salt is excellent for bleeding of the lungs and stomach, and in cases of apparent death from falls and blows, administration of salt water will speedily restore the patient.

For worms, a teacupful of tepid water and a teaspoonful of salt water used as an injection once a day will entirely cure in four or five days.

A strong solution of salt and brandy applied by means of cloths to erysipelas will arrest the spread of the disease and has been known to cure most obstinate cases.

Ordinary sore throat can be cured by gargling with salt water every hour, and pain in the stomach is quickly relieved by a

small draft of salt and water. A person may be restored from a fit of apoplexy by applying moistened salt to the head and temples until sufficient sensibility returns, then salt water given internally will restore the patient.

Kerosene Oil is a very simple but potent remedy for some of the most serious ailments. A single treatment with kerosene oil will usually be sufficient to cure ordinary sore throat. It should be taken in from three to ten-drop doses on a lump of sugar internally and rubbed in well externally for several minutes.

This treatment is equally effective for croup, coughs and colds. It should be applied externally to the neck, throat and chest, and repeated every three or four hours.

A piece of cotton saturated with kerosene oil and inserted in an aching tooth will give quick relief.

Corns kept moistened with kerosene oil as much of the time as possible, by binding on a piece of cotton, will disappear in a few days.

Kerosene oil will extract the fire from burns very quickly if applied freely with cloths.

Taken internally, it is said to be an effective remedy for chills and fever.

In cases of membranous croup, Scotch physicians apply cloths wrung out of very cold water to the throat and renew them as soon as they become warm, at the same time giving the child a few drops of kerosene oil on a little sugar, every two hours, and are very successful in curing this serious ailment.

Crude petroleum, which is kerosene oil before it is refined, is the remedy used all over Germany as a reliable cure for diphtheria. It is applied to the throat with a swab every four hours and in severe cases every two hours, being careful not to allow an excess of oil to pass into the throat.

Crude petroleum applied to the poisoned parts until the inflammation is allayed is a simple but effective relief for oak and ivy poisoning. After the inflammation disappears continue to use it three or four times a day for several days.

FRENCH RESTORATIVE TREATMENT.

It is said that astonishing cures continue to be made with the sea water treatment of Prof. Rene Quinton of Paris. This treatment consists of hypodermic injections of from $3\frac{1}{2}$ to 10 ounces of deep-sea water, which he terms "marine plasma," morning and night. The injections are made in the back of the regions of the shoulder blades, and report has it that the lives of thousands of anæmic children already have been saved by this treatment.

Hundreds of adults are also ready to bear witness that the treatment is efficacious for almost all sorts of diseases.

Professor Quinton does not claim to have discovered a panacea. He is a scientist of high standing and erudition, and he simply says he bases his claims on scientific observation and on a theory supported by a wide category of facts.

His theory is that life had its origin in the sea, at a time when a body of salt water covered the entire world, and that the first living cell formed under these conditions multiplied, and becoming diversified under different circumstances, gradually assumed all the forms of life as we know it today.

In all living beings, he says, the liquid portion of the blood, as well as the lymph surrounding the cells of the tissues, is almost identical to sea water. Moreover, he points out that sea water can, in a way, replace the blood itself. For example, dogs, bled to the point of death, have been quickly resuscitated by an injection of diluted sea water. Within twenty-four hours after the operation the canine patient is able to eat, drink and run about as though nothing had happened. In less than a week his new blood is found to be as rich as that of an animal which has never undergone such treatment. White blood corpuscles which could never be kept alive in any other liquid, remain living for weeks in sea water. Today, says Professor Quinton, living beings sprung from the ancestral cell no longer bathe in the sea, but they keep the sea within themselves.

Thousands and thousands of patients already have been treated in this way, and good results, it is said, have been obtained almost invariably. Weak children, reduced almost to

skeletons by bad stomachs, have been built up to rosy-cheeked health. Cholera infantum and infantile eczema have succumbed to the same treatment with surprising rapidity. Neurasthenics, dyspeptics, and other nervous patients have also been cured.

A simple home method of obtaining much of the benefits of this sea water treatment is what is known as salt massage.

Crude sea salt is pounded up very fine and dampened and then rubbed over the whole surface of the body vigorously for a period of fifteen minutes or more. It has a wonderfully purifying effect on the blood, stimulating the skin and vital organs to healthy activity and is useful in all weakened conditions of the system. Dampened table salt may be substituted for sea salt but the effects are not so good.

EAST INDIA DYSPEPSIA REMEDY.

Chirata has long been in use in India where it is highly esteemed in cases of dyspepsia and debility. It is a bitter tonic with a peculiar regulating effect on the liver.

Chirata extract, 1 dr.; powdered turkey rhubarb, 1 dr.; subcarbonate of soda, 1 sc.; powdered ginger, 15 gr.; mix thoroughly with flour and water and divide into thirty-six pills. Take one or two in the morning before breakfast, and at bedtime.

Dyspepsia is our national disease. About two out of four adults have some form of indigestion. Fast eating, tea and coffee drinking, worry, mental or physical exhaustion and improper kinds of food are the chief causes. The following remedy has been used with success for nearly forty years:

Pepsin (pure), 1 dr.; subnitrate of bismuth, 1 dr.; tincture of nux vomica, $\frac{1}{2}$ dr.; compound tincture of gentian, 7 oz. Mix. Shake well each time before taking. Dose: One teaspoonful in a little water after each meal.

For simple acid stomach, eat a piece of crude lump chalk, which may be obtained at paint stores, the size of a hulled walnut or hickory nut; or place one-eighth to one-quarter of a

teaspoonful of cooking soda in a cup, and pour on it one-quarter cup of boiling water, let it cool and then drink it. Cooking soda should never be taken without first foaming it.

For loss of appetite nothing is better than candied ginger. Eat it freely.

The juice of half a lemon diluted with water and taken the first thing before breakfast is a wonderful remedy.

A cup of boiling water taken as hot as can be borne, before each meal, has cured some of the most obstinate cases in two or three weeks.

One-half teaspoonful of the inner peeling of the gizzard of a chicken or turkey, dried, pulverized and taken immediately after each meal is an old remedy but very prompt and efficient in action.

Put a piece of rennet the size of the hand into a half pint of warm water and let it soak over night and take two tablespoonfuls of this liquid twice daily. Prepare it fresh every day or so. This is highly recommended.

For indigestion of scrofulous origin, tincture of myrrh, 5 to 15 drops in a little water taken three times a day and at bedtime; or beechwood creosote, $\frac{1}{2}$ to 1 drop in half glass of water three times daily after meals; or pure carbolic acid, 1 drop in water or syrup, followed by one 2- or 3-grain capsule of iodoform, taken three times daily, after meals and upon retiring, will prove effective.

For simple cases of indigestion, a teaspoonful after each meal and at bedtime of the following mixture will give speedy relief: Cream of tartar, 4 oz.; sulphur, 4 oz.; willow charcoal, 4 oz.; all finely powdered and thoroughly mixed. In severe cases two spoonfuls may be taken at a dose.

Golden seal is also an excellent remedy for indigestion. Either the herb or the fluid extract may be used.

JAPANESE REMEDY FOR STARCH INDIGESTION.

It is said that three-fourths of all cases of dyspepsia are caused by imperfect digestion of starches as a result of eating too large

a proportion of highly refined cereals, breads and starchy foods.

When this condition is present, Taka-Diastase in 5 or 10 grain capsules taken in the middle of the meal will correct it.

Taka-Diastase is a remedy which originated in Japan where it is used in the manufacture of their national beverage, sake. It acts like saliva, stimulating the gastric juices, and does not affect normal gastric digestion. Taka-Diastase is capable of converting one hundred times its own weight of starch into glucose in ten minutes.

CHINESE GINGSENG REMEDY FOR DEBILITY.

In China this remedy is held in great repute and there is an enormous demand for it. Gingseng is an excellent tonic, particularly to the secretory glands of the alimentary canal. It thus assists in reëstablishing the process of digestion, promotes the secretion of nature's digestive fluids and will therefore help the alimentary tract to become normal.

In wasting diseases or emaciation, used alone, or in combination with other indicated remedies, it will encourage metabolism, restore appetite, invigorate the virile powers and act as a re-builder.

When the functions of digestion are below par, and particularly when the patient cannot tolerate reconstructives, gingseng is a most valuable remedy. The powdered root may be used in doses of from 10 to 60 grains or a proprietary preparation known as seng may be obtained of druggists.

AUSTRALIAN REMEDY FOR MALIGNANT ULCERS AND CANCEROUS SORES.

Apply hot tea made from water pepper for five minutes, then apply genuine Australian oil of eucalyptus (other kinds are useless) and brush over with collodion. Repeat daily.

Live on green vegetables, rice, gingerbread, whey and violet tea principally.

As a general rule, the genuine Australian oil of eucalyptus is only carried by the large drug houses in the principal cities. It is an excellent bowel antiseptic, used five drops to a quart of hot water, as an internal bath or enema and alternated with antiseptic soap solution.

APPENDICITIS.

If the following treatment is applied in time, it is a positive cure for that most serious disease, appendicitis.

Immediately give a very hot mustard foot bath for ten minutes, using plenty of mustard and very hot water. It should be given by an attendant, as the patient will not use the water hot enough to be effective. It should be tested by placing the hand in it first and it must be hot enough to be painful but not to scald the skin, and the feet should be put into the water gradually to prevent too great a nervous shock.

Then fill a one-quart flat bottle or whiskey flask with boiling hot water by first pouring some of the hot water over the outside of the bottle to prevent cracking, and cork it securely.

Cover the bottle with one, or at most two, thicknesses of towel pinned on securely with safety pins, and apply it to the seat of the pain, retaining there until it has burned sufficiently to form a blister.

After the blister is well formed, open it carefully with a needle that has been passed through a flame to purify it and then dress the blister with vaseline.

A fly blister may be substituted for the hot water bottle but is not quite so effective.

Dr. David Paulson, a prominent physician, says that if persons, when threatened with appendicitis, would refuse all food for a few days, ninety-nine cases out of a hundred would get well without a surgical operation.

The appendix is a gland which secretes a mucous to lubricate the lower bowel and is a necessary organ for health, therefore it should not be removed except in extreme cases.

EYE TROUBLES.

The following remedy is a \$10.00 prescription of an eye specialist, for the relief of inflamed eyes:

Dissolve one teaspoonful of powdered boric acid in two-thirds cup of boiling water, then add 15 drops spirits of camphor. Strain through clean linen and when cool apply with an eye cup for a few minutes, as often as required.

This is a safe and efficient remedy for simple inflammations, but what appears to many to be merely a "cold in the eyes" may mean anything from the irritation of a cinder to inflammation from the germs of diphtheria.

Some nostrums and domestic remedies are harmless, but in serious cases they do harm by losing time. Tea leaves, bread and milk, raw meat, oysters and other domestic applications may be bearers of infection. They are therefore dangerous and should not be used. Under no circumstances should poultices ever be applied to the eye.

For eye strain caused by playing wind musical instrument, use an eye cup, two or three times a day, containing a weak solution of sea salt and water.

Pegenstecher's ointment is a valuable remedy for chronic inflammation of the rims of the lids, exuding a yellowish oily fluid which forms scabs and causes them to stick together in the morning.

Directions: At night wash off all scabs thoroughly with a solution of 1 oz. of water, and 5 gr. of bicarbonate of soda, then apply a piece of this ointment the size of a hemp seed to each rim of the lids by means of a finely pointed piece of thin white cardboard.

Pegenstecher's ointment consists of precipitated yellow oxide of mercury, 1 gr.; vaseline, 1 dr.; thoroughly mixed. Wash with the bicarbonate solution each night before applying and see that the ointment gets well down into the roots of the eyelashes, but not into the eye. Continue the treatment for some time after apparent cure or it will return. This is a positive cure for a most obstinate eye trouble.

For children's and infants' sore eyes, nothing is better than bathing them morning and night with an infusion of Roman camomile flowers made by pouring cold water on some of the flowers in a cup and mashing them to extract the juice.

CARE OF THE EYES.

(Published by the New York Association for the Blind.)

Keep the eyes clean. Wash them with warm water every morning; but do not go at once into a cold wind while the eyes are warm and moist. If the eyes water or the lids are red or full of matter in the morning, consult an oculist. He will give either medicine or glasses to help them.

When you study, sit with your side to the light, allowing it to fall over your shoulder on to your book, drawing or music. Do most of your close work by daylight. Writing by artificial light is less taxing on the eyes than reading. At night a good clean oil lamp will give a clear, steady light. The incandescent electric light is next best. Gas is the worst—it flickers. The light, if possible, should be on the table. When suspended from the ceiling or placed on the wall it is not in the best position for reading. The light should be so shaded as to shade the eyes while illuminating the page.

Sit straight—to bend over your work strains the eyes and makes them blood-shot. Hold your work a foot away from your eyes. If you must hold it nearer or farther away, you probably need glasses, at least for study. Do not read or do close work in the twilight—it strains the eyes.

When something falls into your eye, do not rub it, but wash it with warm water. After the lids are washed clean take the lashes of the upper lid between the forefinger and thumb and draw the upper lid out and down over the lower. In this way particles lodged on the inner surface of the upper lid may frequently be removed. If the eye still hurts and you feel something in it, go to an oculist or a dispensary.

After measles, scarlet fever, croup, chicken-pox or diphtheria,

have your eyes examined by an oculist or at an eye dispensary. Eye troubles often follow these diseases.

Do not overwork the eyes. When busy with close work let the eye look away now and then to rest itself. Do not keep looking when it is unnecessary.

FIRST AID FOR EYE INJURIES.

(Published by the New York Association for the Blind.)

Cinders and other particles can only be removed from the eye safely by a physician or an oculist. When they must be removed by a layman, cleanliness is absolutely necessary. Therefore, pieces of metal in common use or exposed to handling, such as pocket-knives, pins or needles, should not be used in removing foreign bodies, but (rather) small bits of clean, smooth wood, rolls of soft, clean paper, or a blunt toothpick with cotton wrapped about the end.

If particles of steel or iron enter the eye, the person injured should be sent immediately to an eye infirmary where an opportunity is afforded for extracting the particle of steel or iron by a large magnet, thus giving the person the best chance of recovery.

When lime or other caustic lodges in the eye, the eyeball should be flooded with olive, linseed, or machine oil, to be preferred in the order named—water should not be used. When lime is likely to get into the eyes, olive oil should be kept in readiness.

Oil should be applied freely to all burns to the eye or surrounding parts, and the eye should then be bandaged with a clean, dry cloth to exclude the air. When acid strikes the eyes it may be washed out by bathing at once and quickly with a great deal of water, but if delay occurs, oil should be applied.

When the eyes are burned by ammonia or other alkali, diluted vinegar or a little lemon juice may be used to neutralize the action of the ammonia. Water may be used promptly and in abundance.

When a hot particle lodges in the eye it should be removed instantly, if possible; if not, the eyeball should be flooded with water or oil at once.

If proprietors of establishments would see that these and similar suggestions were made to their workmen and followed by them, a large proportion of blindness, resulting from minor accidents, would be avoided. For other eye remedies, see article on "Prevention of Blindness" under "Children's Remedies."

NUTRITIVE REMEDY FOR COUGHS AND COLDS.

The following is a very effective medicine for the most obstinate coughs. It heals the inflammation and builds up the system as well.

Common tar, 1 tablespoon; honey, 3 tablespoons; yolks of 3 eggs; wine, $\frac{1}{2}$ pint. Mix thoroughly and bottle. Dose: teaspoonful three times daily. This is one of the most reliable cough remedies in existence.

Balsam of Peru is a good cure for obstinate coughs. Dose, 5 to 15 drops, four times a day, one hour after meals and at bedtime. The smaller doses may be dropped on loaf sugar, but the larger doses are best given diffused in water with sugar and yolk of egg, or gum arabic.

Three to 10 drops of kerosene oil on a lump of sugar every four hours, and the oil rubbed in externally on the neck and chest is a simple but effective remedy.

For scrofulous and chronic coughs, tincture of myrrh, $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful in $\frac{1}{4}$ of a glass of water used as a gargle, and a little of it swallowed, is especially valuable.

Beechwood creosote, 1 or 2 drops to $\frac{1}{2}$ glass of water three times daily is a great healer for the lungs and air passages.

For coughs and colds of long standing, the yerba santa is an excellent remedy. It is now commonly kept in drug stores. A tea is to be made of the leaves, and drunk freely five or six times a day. The Spanish people regard this as the king of remedies in this disease. Dose is from 15 to 60 drops of fluid extract.

The following is a very satisfactory cough remedy: Oil of pine needles, $\frac{1}{4}$ oz.; glycerine, 2 oz.; added to $\frac{1}{2}$ pint of good whiskey; shake well and take a teaspoonful every four hours.

A cough syrup for bad coughs, which soothes and allays irritation and is very useful in croup, bronchitis and all affections of the lungs and throat, is made as follows: Thoroughwort, 1 oz.; slippery elm, 1 oz.; stick licorice, 1 oz.; flax seed, 1 oz.; water, 1 quart. Simmer, don't boil, until all strength is extracted; strain and add 1 pint of New Orleans molasses and $\frac{1}{2}$ lb. of pure honey. Simmer again, stirring to mix thoroughly, and when cold bottle and cork well. Dose, 1 teaspoonful to a tablespoonful as required.

Another reliable syrup is fluid extract of comfrey, 1 oz.; fluid extract Mexican sage, $\frac{1}{2}$ oz.; fluid extract peruvian bark, $\frac{1}{2}$ oz.; syrup of wild cherry bark, 6 oz. Mix. Dose, a teaspoonful night and morning, or oftener if necessary.

A simple form of cough cure is syrup of wild cherry containing ammonium chloride in the dose of $2\frac{1}{2}$ grains to each tablespoon. Shake well before using. Dose, 2 teaspoonfuls to a tablespoonful.

A splendid home remedy which is often sufficient is an infusion of hoarhound, slippery elm and catnip, equal parts, with a little honey added, or roast a lemon in the oven until it cracks or the juice begins to exude and take $\frac{1}{2}$ to 1 tablespoonful of the juice before each meal and at night, or oftener if necessary.

A teaspoonful of essence of peppermint mixed with 2 oz. of glycerine and taken in dose of $\frac{1}{2}$ teaspoonful, is another effective home remedy.

The spine should be held erect and the patient remain in the open air as much as possible. If the bowels are not perfectly free, a cough can seldom be cured quickly.

LA GRIPPE, INFLUENZA AND CATARRH.

These affections are contagious and are caused by a germ which attacks the sensitive membranes of the air passage, causing various degrees of inflammation. They have certain periods

to run and can rarely ever be safely cured in any shorter time than two weeks. The following remedy, however, has produced marvelous results in these diseases:

Peroxide of hydrogen (medicinal) diluted with water and taken internally; snuffed up the nose and used as a gargle, will kill the germs of the disease and assist in a rapid recovery. It should also be sprayed in the nose and throat passages, if convenient to do so.

Eat plenty of green vegetables and easily digestible food, and avoid salt, fat or starch foods; also keep the bowels free.

La grippe begins with chills up and down the spine, headache, bones ache and a mean, despondent sort of feeling generally. Keep on hand $\frac{1}{2}$ oz. each of tincture of gelsemium and the fluid extract of boneset. Put $\frac{1}{3}$ teaspoonful of each into $\frac{1}{2}$ pint of pure water, and take of the mixture 1 teaspoonful every hour till fully relieved. As a general thing, in six, eight or ten hours you will be cured, but it is best to take a rest of three days or more, lest a little overdoing will bring a relapse which will require three times as much medication to overcome.

Yerba rheuma, a remedy from the Pacific coast, is excellent for catarrh.

A Canadian catarrh cure composed of carbolic acid, 10 to 20 drops; olive oil, 1 to 2 oz., is very effective also. Spray the nose and throat thoroughly four times daily, using an atomizer.

CHINESE PAIN PAINT.

An instantaneous pain-ease for external use only. Chinese pain paint is simply crude oil of peppermint, but for all ordinary purposes this is unnecessarily strong. Paint it on with a small brush but do not use it near the eyes.

Another good pain-ease is composed of oil of peppermint, 3 parts; chloroform, 1 part. Mix and paint it on. A milder application is oil of peppermint, 1 oz.; extract of witch hazel, 2 or 3 oz. Mix well and rub into the affected parts.

Use no preparation containing oil of peppermint near the eyes.

BRAZILIAN REMEDY FOR BILIOUS HEADACHE.

That most obstinate and distressing ailment, bilious sick headache, was formerly considered almost incurable. The only remedy which seemed to have any effect in such cases was calomel, but the following drug, brought to the attention of the public by Dr. Gavrelle, at one time a physician to Dom Pedro of Brazil, is almost a specific for any case of sick headache:

Guarana, either 20 to 60 grains of the powder or 20 to 30 drops of the fluid extract, taken every hour until three or four doses are taken, after which take it once a day.

A cup or two of strong coffee without sugar or cream is often effective in this complaint.

DIARRHŒA AND DYSENTERY.

The following remedy is used by the natives of Central America:

Spermacetti, taken in 2 or 3 grain doses night and morning.

Rest perfectly quiet in bed and eat very little of anything until the severe symptoms are checked. Fruit of all kinds is especially prohibited. In exhausting attacks take no food but the white of one egg every hour. This has cured dysentery without any medicine.

Another excellent remedy held in high repute in Germany and specially suitable for infants, which may be used separately or in conjunction with the above, is (for adults) 20 to 40 grain doses of subnitrate of bismuth taken in a little water every five or six hours until relieved. For bottle infants, put as much as will lay on a silver dime in their bottle at each feeding and repeat seven or eight feedings or until the attack is checked. Feed no patent foods and scald the milk as soon as it is received by placing in a pan on the stove and let it remain only until a skin has formed on top with a little steam arising. Don't let it boil; remove it at once and cool quickly. This is the very best way to prepare milk for infants, sick or well.

If the attack is serious, physic well with castor oil and stop all milk, and feed instead well cooked rice water made from unpolished rice and add two teaspoonfuls of well beaten fresh white of egg to each bottle of rice water and continue with this until the child is well on the road to recovery.

For nursing infants, mix the same size dose of bismuth subnitrate with a little water in a spoon and drop it slowly in the side of the mouth with the child's head turned to one side, so as not to strangle, occasionally giving it the breast during the operation so that it will swallow the powder with the milk.

Subnitrate of bismuth turns the stools black, which effect will disappear after the remedy is stopped. If taken in time, as soon as diarrhoea sets in or as soon as the stools show the slightest green color, this bismuth remedy is absolutely infallible.

If the disease has run to the stage of exhaustion and inability of the stomach to retain food, the bowels should be washed out with a solution of tannin and water and the patient's strength maintained by rubbing the whole body over first with well cooked barley gruel, then with olive oil, alternating every fifteen minutes, rubbing both in well until completely absorbed.

A large dose of castor oil will nearly always check a simple case of diarrhoea, by removing the poisonous and irritating matter which is the cause.

Essence of peppermint is a sure and simple remedy for diarrhoea in some cases. As soon as the attack comes on, drop 15 drops of essence of peppermint in a teacupful of hot water and sip with a spoon as hot as can be borne. Repeat the dose every three hours until cured.

In the East Indies warm milk is used for diarrhoea. One pint of warm fresh sweet milk every four hours will often check the most violent diarrhoea or dysentery.

The strawberry plant is said to be an infallible cure for summer complaint in children. Make a tea of the leaves in summer or the roots in winter and drink freely.

Often the peel of half an orange or lemon chewed up and swallowed will work like magic.

For cramps of the stomach and bowels without inflammation

a few drops of oil of cajaput is esteemed a panacea by the East Indians and taken in 15 grains to 1 drachm doses, it is effective in collapsed state of cholera.

The National Geographical Society recommends fluid extract of cascara sagrada as a bowel regulator, preventative and specific for bowel complaint in hot countries. All of their members who go on exploring expeditions in hot countries are advised to take a dose of it every day or so as a preventative, and to not take cold baths or become exposed to the chill of night in high altitudes.

One of the greatest health preservers in hot weather and especially effective against all bowel complaints is a snug-fitting knit woolen abdominal band to be worn continuously. They are being used extensively by physicians and their families in southern countries and may be purchased almost anywhere. Contrary to the ordinary expectation, this additional thickness across the bowels and kidneys does not make one feel warmer in hot weather, but cooler and more comfortable. See also "French Restorative Treatment."

JAPANESE ARMY FOOT POWDER.

The foot-ease powder used by the Japanese army consists of salicylic acid, 3 dr.; starch, 10 dr.; powdered talcum, 87 dr. Shake a little into each stocking.

Another good powder to relieve tired, tender and perspiring feet is composed of French chalk, 40 parts; subnitrate of bismuth, 45 parts; salicylate of sodium, 2 parts; powdered soapstone, 13 parts; tannin, 5 parts. Mix well and dust a little into the stockings daily. Bathe the feet every morning and evening and after drying rub with alcohol.

Plain alum water hardens tender feet.

A little powdered hemlock bark shaken in the shoes or bathing the feet with water to which has been added a little aqua ammonia or permanganate of potassium, will relieve foul odors and perspiration, but means to build up the general health

must be relied upon for a cure, as foul odors are a sign of lowered vitality and imperfect elimination of waste products.

CORNS, CALLOUSES AND INGROWN NAILS.

A "guaranteed three-day cure for corns" is as follows: Bind a piece of absorbent cotton on the corn and moisten three times daily with spirits of turpentine. The originator of this remedy offered to pay \$10.00 for every case where it was unsuccessful, if directions were faithfully followed.

A "painless corn extractor" is composed of salicylic acid, 20 gr.; tincture cannabis indica, 1 dr.; chloride of zinc, 10 gr.; contractile collodion, 1 oz. Mix. The salicylic acid softens the layers; the cannabis indica dulls the nerves of the upgrowing skin; the chloride of zinc prevents infection by germs, and the collodion binds them all together. Wash and soak the feet well night and morning and apply the fluid with a small brush for several days, each time removing as much of the dead corn as possible with a silver knife. Paint the liquid only on the corn, not the surrounding skin, and when the corn has been all removed cover the spot with a piece of surgeon's plaster cut to fit, which will prevent its return.

The following makes an excellent corn solvent: Liquid terchloride of antimony and tincture of iodine, of each, $\frac{1}{4}$ oz.; protoiodide of iron, 7 gr. Mix and keep in well-stoppered vial. Apply with care and only on the corn, not on the surrounding skin. Two applications will cure ordinary cases.

In some cases corns may be cured by placing a piece of common washing soda upon the corn and tying a piece of cloth over it to keep it on. Do this every night for a week, or bind on a piece of lemon, pulp side to the corn, and leave it on over night, or saturate a piece of cotton with kerosene oil; bind it on the corn; keep it wet with oil as much of the time as possible for a few days and the corn will disappear.

Painful corns and bunions are quickly relieved by soaking in a hot solution of sea salt or common salt and water until thoroughly softened, then trim the hard skin and apply a piece of surgeon's plaster.

Callouses on the bottom of the feet may be softened and rendered painless by applying and wearing a piece of surgeon's plaster just large enough to cover and extend a little beyond the edges of the callous spot.

Ingrown nails are caused by ill-fitting shoes. If proud flesh has set in, it should be removed by a skillful chiropodist. Fresh mutton tallow heated quite hot in a spoon and dropped on the painful part every night will give instant relief and if continued a few times a permanent cure will result.

LIQUOR HABIT CURES.

A person afflicted with this disease can easily supply himself with the remedies used at nearly all the inebriate asylums and be his own physician at his own home, without the necessary expense and publicity of visiting any reformatory institution. His laboratory need contain only a small quantity of cayenne pepper, a pot of concentrated extract of beef, and a few grains of bromide of potassium. When the desire for alcoholic drink recurs, make a tea from the cayenne pepper, as strong as can be taken with any degree of comfort, sweeten it with milk and sugar, and drink. This tea will supply the same place a glass of liquor would fill, and will leave no injurious effect behind. Repeated daily as often as the appetite returns, it will be but a few days before the sufferer will have become disgusted with the taste of the pepper, and with the appearance of this disgust disappears the love of liquor. The fact is proven every day. The extract of beef is to be made into beef tea, according to the directions on the pot, in quantities as may be needed for the time being, and furnishes a cheap, easily digested and healthy nutriment, it being made to "stay on the stomach" when heavier articles of food would be rejected. The bromide of potassium is to be used carefully and only in case of extreme nervousness, the dose being from 15 to 20 grains, dissolved in water.

This is a public exhibit of the method of treatment adopted at the inebriate asylums. In addition thereto, the drinking man should surround himself with influences which tend to make him

forget the degrading associations of the barroom and lift him upward. He should endeavor, so far as his business will permit, to sleep, bathe and eat regularly, and obey the laws of health. By the adoption of this course, energetically and sincerely, no man who has the will to reform can fail to do so. Hundreds and thousands can attest the truth of these statements.

“A home secret cure for the liquor habit” is composed of the following: Powdered bayberry-root bark, 8 oz.; powdered ginger, 4 oz.; powdered capsicum, $\frac{1}{2}$ oz. Mix well and divide into powders containing 15 grains each. Directions: To administer without the knowledge of the patient—one powder in a cup of hot tea, coffee, or hot water, should be given at each meal. This is a reliable remedy for this habit and will cure nearly every case.

Another formula for the cure of drunkenness is sulphate of iron, 5 gr.; magnesia, 10 gr.; peppermint water, 11 dr.; spirits of nutmeg, 1 dr. Divide into three portions and take one after each meal. This preparation acts as a tonic and stimulant, and so partially supplies the place of the accustomed liquor and prevents that absolute physical and mental prostration which follows a sudden breaking off from the use of stimulating drinks.

In addition to any of the above remedies gold and sodium chloride should be given in ascending doses of from one-twelfth to $\frac{1}{4}$ grain to tone up the nervous system and improve nutrition.

Another secret cure formula is as follows: Meconate of soda, 10 gr.; sulphate of potash, 10 gr.; sugar of milk, 80 gr. Triturate the meconate and sulphate in a mortar with 10 grains of the sugar of milk, and when thoroughly mixed add another 10 grains of the sugar of milk and triturate again until mixed; proceed thus until all of the sugar of milk has been added.

Divide into ten equal parts. If the patient is willing to take the cure, give one powder in a little water three times a day. If not, add one powder to any liquid or food which will disguise it. The effect of this remedy is to cause a repugnance for liquor. After taking four or five doses, the patient will begin to perspire freely and a strong odor of liquor will be noticeable. On this account he will imagine himself to be ill. In a few days, however, appetite and sound sleep will return and he will be himself again.

HEALTH TEA FOR COLDS, DYSPEPSIA AND THE LIQUOR HABIT.

Bayberry bark, 1 lb.; hemlock bark, $\frac{1}{2}$ lb.; ginger root, $\frac{1}{2}$ lb.; cayenne pepper, 1 oz.; cloves, 1 oz.; all finely powdered and mixed thoroughly. Dose, add $\frac{1}{2}$ teaspoonful and a teaspoonful of sugar to $\frac{1}{2}$ cup of boiling water, then fill up the cup with milk or water.

A few doses taken at night before retiring and a very hot foot bath, will cure a bad cold or throw it off when it first begins. It is a splendid remedy for dyspepsia caused by overeating of rich foods and taken two or three times daily, or whenever the craving for liquor occurs, it will supply the stimulant action and cure the liquor habit.

TOBACCO HABIT CURE.

By weight, gentian root, 4 parts; ginseng root, 2 parts; licorice root, 1 part; seneca snake root, 1 part. Cut fine, mix, and smoke or chew when the desire for tobacco is experienced. It immediately allays the desire and cures in a short time.

In addition, gold and sodium chloride should be given in ascending doses of from $\frac{1}{2}$ to $\frac{1}{4}$ grain to tone up the nervous system and improve nutrition.

Valerian is used as a remedy for abnormal action of the heart caused by the use of tobacco, known as "tobacco heart."

Another formula known as "anti-tobac" is as follows: Gold and sodium chloride, 1 gr.; nitro-glycerine, $\frac{1}{3}$ grain; quassia, $1\frac{1}{2}$ gr.; oleoresin of capsicum, 6 gr.; tincture of digitalis, 40 drops. Mix thoroughly and make into twenty tablets.

DRUGLESS CURE FOR INSOMNIA.

This is a positive and never-failing method. Upon retiring, sip a pint, or as much more as you can, of fresh sweet milk, heated as hot as can be taken (don't boil it), and lay a cloth

wrung out of cold water across the eyes and forehead. Hot milk, a quart or more taken at one time, is used in asylums to put to sleep the most violently insane patients.

NERVOUS SPELLS.

Nervous spells arise from a multitude of causes and generally call for rest, nourishment or change in methods of living. The following remedy will calm the nerves and bring relief quickly but must not be used continuously nor relied upon for permanent cure: Bromide of potassium, $1\frac{1}{2}$ oz.; bromide of sodium, $1\frac{1}{2}$ oz.; bromide of calcium, 1 oz.; water, 1 pint. Mix. Adult dose, 1 teaspoonful as required.

A good nerve powder for relief of nervousness which will strengthen and tranquillize the most irritable nerves without deadening their sensibility or debilitating them is made as follows: Scullcap, 1 oz.; valerian, 1 oz.; catnip, 1 oz.; cayenne, 1 dr.; coriander seeds, $\frac{1}{2}$ oz.; all in fine powder. Mix well and use $\frac{1}{2}$ to 1 teaspoonful to a cup of boiling water, adding sugar and milk to taste.

Sanatogen, a food tonic, is a harmless and effective remedy for nervous troubles. See also "Drugless Cure for Insomnia" above.

REST CURE FOR NERVOUS EXHAUSTION.

Dr. Silas Weir Mitchell, a distinguished physician and novelist of Philadelphia, introduced this method of treatment as a remedy for overwork, nervous exhaustion and other ills brought on by the strenuous life, led by so many of the business and professional people of the present day.

The treatment consists of a complete withdrawal from the world.

The patient must rest perfectly quiet in bed for from one to two weeks without writing, reading or any other form of mental recreation, or physical exercise, and must not have any callers.

Light but nourishing, appetizing, and easily digestible food must be taken frequently, say about every two or three hours during the day, and a thorough course of massage given in place of the accustomed exercise, to keep the blood in circulation, promote the appetite, induce sound sleep, and counteract any tendency to constipation.

This treatment has produced wonderful results, but all depends upon the faithful manner in which it is carried out to the last, no matter how irksome it may be.

BLOOD PURIFIER FOR CHRONIC DISEASES.

The following alterative and blood tonic bitters for the worst chronic diseases is better than any of the patent medicines or sarsaparillas sold for that purpose.

Honduras sarsaparilla, 12 oz.; guaiacum shavings, 6 oz.; wintergreen leaf, 4 oz.; sassafras root bark, 4 oz.; sweet elder flowers and root, 4 oz.; yellow dock root, 3 oz.; burdock root, 4 oz.; dandelion root, 6 oz.; bitter-sweet root, 2 oz.; poke root, 4 oz.; mandrake root, 4 oz.; blue flag root, 4 oz.; caraway seeds, 3 oz.; alcohol, 1 quart. Bruise all and add water to well cover same; set in a moderately warm place for three or four days, then pour off one quart of tincture; add more water and boil to obtain the strength, pour off and add more water and boil again, then boil the two waters down to one quart, strain and add the quart of tincture and 2½ lbs. of crushed or coffee sugar and simmer to form a syrup. Dose, a teaspoonful to a tablespoonful daily according to action on the bowels, continued for months in chronic cases.

Red clover blossoms, which have long been used in Germany as a home remedy for canker, scrofula, pimples, humors and cancerous conditions of the blood, are now recognized by the highest medical authorities as one of the most efficient alteratives. Steep a teacup or handful of the dried blossoms in 1 pint of boiling water and take a wineglassful three times a day. Keep in a cool place and prepare it fresh every couple of days or so.

The following remedy, known as "Infusion of Guaiacum Compound," is valuable in scrofula, rheumatism and eruptions: Guaiacum shavings, $\frac{1}{2}$ lb.; bruised licorice root, 1 oz.; sassafras, $\frac{1}{2}$ oz.; coriander seeds, 3 dr.; lime water, 3 quarts. Infuse two days and strain. Dose, 3 to 4 oz. twice or three times daily.

In chronic diseases, rebuilding medicines should be taken for a day or two and then omitted for an equal period to allow for reaction. If administered continuously, the greatest beneficial effects of a remedy are not obtained.

CHILLS AND FEVER.

The swamp dwellers around New Orleans, La., prevent and cure chills and fever by taking, immediately at the first sign of an attack, a cup of strong black coffee without sugar or cream, to which has been added the juice of one-half to one lemon, according to its size.

YOGI HERB TEA.

This is a valuable alterative tonic to ward off disease. Mix five cents' worth each of nettle root, wormwood, dock root and sassafras bark, put in 2 gallons of water and boil 30 minutes. Cool, strain and pour into green-colored glass bottles and expose to sunshine for at least three hours. Drink a wineglassful upon arising and retiring.

TAPE WORM REMEDY.

Take all in one dose, $\frac{1}{2}$ oz. shelled pumpkin seeds mixed with $\frac{1}{2}$ dr. powdered Ceylon cinnamon bark in the morning on empty stomach (having omitted supper and breakfast). One hour after taking dose, take 1 dr. of oil of male fern in $\frac{1}{2}$ oz. of mucilage of gum arabic. One-half hour after, take another dose of $\frac{1}{2}$ oz. of shelled pumpkin seeds as above. Then in half an hour take 1 oz. of castor oil.

GERMAN CHILBLAIN REMEDY.

In Germany the following is considered an infallible and permanent cure for chronic chilblains. Soak the feet in a strong solution of sal ammoniac and water.

In some cases, concentrated solution of chloride of iron will cure in one day and this is good for frost bites also.

A fresh solution of 30 gr. of permanganate of potash in 1 oz. of water (mix it fresh each time, as it won't keep), or peroxide of hydrogen, or a 5 per cent solution of carbolic acid in water, also a solution of aqua ammonia and water, are all highly recommended.

The best homemade stimulating chilblain liniment is made of vinegar, 1 oz.; turpentine, $\frac{1}{2}$ oz.; and 1 egg. Shake well. This may be made stronger by adding a teaspoonful of aqua ammonia.

As chilblains are largely due to a condition of the blood, the following internal remedy used in England is often necessary: Lactate of lime, 20 gr.; mucilage of tragacanth, $\frac{1}{2}$ dr.; syrup of lemons, $\frac{1}{2}$ dr.; syrup of orange, 20 drops; and chloroform water, 1 oz. This is the dose for adults.

After all signs of chilblains are gone take compound syrup of phosphate of iron, also small doses of cod liver oil or olive oil.

SUNBURN AND BURNS.

The following is a very extraordinary remedy which will cure severe cases of sunburn in twenty-four hours' time, and if applied soon enough it will absolutely prevent blistering. Phillips' milk of magnesia, which may be obtained of any druggist, is unequalled for removing the fire from burns. Apply freely to the burned surface and in severe cases, soft linen cloths kept moistened with it and changed as often as they become dry will take out the inflammation and soreness in a very short time.

To prevent sunburn, rub the exposed surface of the skin either with cocoanut oil or a thin solution of clay and water.

Dr. Plantier of Paris states that yeast, either dry as sold in stores, or fluid as it comes from the breweries, is a remarkable

remedy for burns. It should be diluted with boiled, lukewarm water and applied as soon as possible after the accident.

Linseed oil and lime water, equal parts, is the standard remedy used for severe burns by those who tend blast furnaces.

Mucilage of slippery elm bark or olive oil applied freely, also kerosene oil, new milk and the scraped inside of a white potato are all handy and excellent home applications for burns.

IRON NAIL TONIC.

For conditions of bloodlessness where iron is indicated: One dozen 2-inch iron nails; 1 tablespoon extract aloes hepatica in large bottle, add 2 quarts of cider; cork tight and shake every day for one month, strain off clear and take teaspoonful to a tablespoonful morning and night.

One-half ounce of sulphate of manganese and 1 pint of water, taken in teaspoonful doses three times a day, used in place of iron or with iron, is a very effective blood maker and purifier.

Blood making pills: Manganese sulphate, 10 gr.; pure sulphate of iron, 20 gr.; powdered myrrh, $\frac{1}{2}$ dr.; extract gentian, 1 dr.; powdered ginger, 1 dr. Make 20 pills.

Iron is not the only remedy which is useful in thin blood. Salt, sulphur, lime, and potassium, any one or all of them may be the necessary elements which are lacking.

Medicines containing iron are very destructive to the teeth. Fluid iron remedies should be taken through a glass tube, and pills should be swallowed without chewing them, rinsing the mouth thoroughly afterwards.

CELEBRATED EUROPEAN MINERAL WATERS.

It is not necessary to spend the money and time for a trip to Europe to obtain most of the benefits of noted cures of Europe. All of these waters have been analyzed and may be artificially prepared at home. The artificial waters, of course, are not as

thoroughly satisfactory as the natural waters, but produce very near the same effect.

Carlsbad salt is composed of sodium chloride, 1 oz.; sodium bicarbonate, 2 oz.; sodium sulphate, 4 oz. Two teaspoonfuls to be taken in a tumbler of water on waking. The effect is increased if the water is hot, even so hot that it can only be sipped.

Effervescing Carlsbad salt is made by adding sodium bicarbonate, 4 oz.; tartaric acid, $3\frac{1}{2}$ oz. to the above. A pleasanter way to make this effervesce is by putting 4 teaspoonfuls of the still salt in a pint seltzogene or sparklet. When taken regularly every morning the dose is half a teaspoonful in a tumbler of water. Artificial Carlsbad salt, containing sodium sulphate and sodium bicarbonate, acts on the liver. It is much used in the East; in Japan the official preparation contains potassium sulphate. In English the prescription reads as follows:

Potassium sulphate, 2 parts; sodium chloride, 18 parts; sodium bicarbonate, 36 parts; sodium sulphate, 44 parts.

Harrogate Salts. Acid potassium, 3 dr.; sulphurated potash, $\frac{1}{2}$ oz.; magnesium sulphate, $\frac{1}{2}$ lb. One teaspoonful of this sulphur preparation taken every morning is better than many natural sulphur waters from which the sulphur is lost before the water is drunk. If it is found to be too strong a dose, two ounces should be put in a quart bottle of water, and a wineglassful taken in the morning.

Chalybeate waters owe their efficacy to their contained iron, which renders them useful for anæmia.

Harrogate Chalybeate Salts. Iron Sulphate, 1 gr.; sodium chloride, 20 gr.; sodium sulphate, 8 dr.; magnesium sulphate, 132 gr. A teaspoonful is taken in half a tumbler of water twice a day, one hour before meals.

Hunyadi Water. Iron sulphate, $\frac{1}{2}$ gr.; sodium chloride, 20 gr.; magnesium sulphate, 40 gr.; sodium bicarbonate, $1\frac{1}{2}$ dr.; sodium sulphate, 5 dr. To be taken the same as Harrogate Chalybeate Salts.

Vichy Chalybeate. Sodium bicarbonate, 1 dr.; sodium chloride, 2 gr.; sodium sulphate, 8 gr.; magnesium sulphate,

3 gr.; Iron sulphate, $\frac{1}{2}$ gr. This is sufficient for a pint sparklet, and a wineglassful is taken twice a day, one hour before meals.

A chalybeate water possessing equal tonic powers to natural water, is composed of protosulphate of iron, 3 gr.; bicarbonate of potash, 61 gr.; cold rain water, 1 qt. Mix and agitate in a corked bottle. It is rendered more pleasant by carbonating.

Hunyadi-Janos Water. Magnesium sulphate, $2\frac{1}{2}$ dr.; sodium sulphate, $2\frac{1}{2}$ dr.; sodium chloride, $12\frac{1}{2}$ gr.; sodium bicarbonate, $7\frac{1}{2}$ gr. To be put in a pint sparklet, and a wineglassful taken before breakfast, the same as

Marienbad Water. Sodium carbonate, 40 gr.; sodium sulphate, 95 gr.; magnesium sulphate, 8 gr.; sodium chloride, 15 gr.; calcium chloride, 10 gr.

An easily made morning draft consists of: Magnesium sulphate, 1 dr.; sodium sulphate, 1 dr.; syrup of ginger, 2 dr.; cinnamon water, $1\frac{1}{2}$ oz.

Another. One-quarter of an ounce of sodium phosphate taken first thing in the morning in half a tumbler of water, so hot that it can only be sipped slowly. If taken in a tumblerful of cold milk it combines the tonic effect of both phosphorus and milk. Sodium phosphate has the advantage of being almost tasteless and is specially valuable in hot weather.

Children's and Infants' Remedies

These remedies have been known to cure after all other medical measures had been of no avail, but in all serious ailments, a physician should be consulted promptly.

For summer complaint and cholera infantum, see the bismuth remedy under head of "Diarrhoea and Dysentery" in adults department, also "French Restorative Treatment."

WATER FOR BABIES.

Babies need water, and frequently they are ill, feverish and fretful because people don't know enough to give it to them. Because milk is a liquid, many parents get the mistaken notion that nothing else is necessary in the way of fluids. This is quite wrong. A drink of water several times a day should be given to every baby. Even a cloth dipped in clear water and given to the baby to suck, is better than nothing. Milk forms curd in the stomach—practically a solid mass—and a little water helps the baby's digestion and its kidneys and acts beneficially in many other ways.

CRUSHED BANANA FOR BABIES.

The British Medical Association, one of the highest medical authorities in the world, recommends mashed banana added to milk mixtures as the ideal baby food. The banana must be thoroughly ripe, without any green showing at the end of the skin. It is nourishing, easily digested and holds the particles of casein of milk in solution thus preventing the formation in the stomach of lumpy curds which make the digestion of cow's milk painful and difficult.

Professor Kohn, of Lausanne, the world's greatest authority on diseases of children, asserts that the evil effects of a cooked or sterilized milk dietary upon children may be entirely obviated by giving the child daily some fresh fruit juice such as the juice of an orange or a lemon in water without sugar.

CARROTS A CURE-ALL FOR BABIES.

One would scarcely think of feeding ill babies on carrots, yet this is precisely what has been done with great success by an Italian physician, Dr. Moro, who finds that this vegetable acts as an intestinal antiseptic. In all of forty-eight cases of digestive disturbances treated with a carrot purée, excellent results are reported. The soup is not only antiseptic

but nourishing. There appears to be no good reason why the carrot should not have the same effect upon adult as upon infant digestion, and lovers of the peculiar flavor of this humble vegetable may consider that their preferences are now amply justified.

OIL BATHS FOR DELICATE CHILDREN.

A delicate child which seems insufficiently nourished will thrive better if olive oil or cocoanut oil is used in place of water for bathing. This not only affords cleanliness but nourishment at the same time and does not draw off the vital force as does water. It is only necessary to use a little oil. Rub it all over the body thoroughly and then remove the surplus with a soft, dry cloth. The oil rub is extensively used in many countries for the purpose of keeping children hardy and well.

REMEDY FOR COLIC.

The following is Dr. H. B. Storer's remedy for all pain in stomach and bowels and spasms.

Cramp bark, 6 oz.; wild yam, 6 oz.; scullcap, 3 oz.; wild ginger, 1 oz.; cloves, 1 oz.; capsicum, $\frac{1}{2}$ oz. Add one gallon 60 per cent alcohol and one pint of water. Shake every day for a week or two, then strain off and bottle for use. Dose, from one-half to a teaspoonful in hot water with sugar, as often as required.

A drop or two of essence of peppermint on sugar is also effective for colic, in some cases.

PRICKLY HEAT, CHAFING AND ITCHING.

For simple eruptions and skin troubles, nothing is superior to baking soda solution prepared as follows: Pour a little boiling water on some cooking soda and when it has all ceased foaming, cool and apply liberally to the skin and let it dry on.

This will kill oak or ivy poisoning, if applied freely and often, as soon as the itching begins.

For obstinate chafing the following powder is excellent: Scorched flour, 1 oz.; powdered hydrastis, 1 dr. Mix well and dust on with a powder bag after washing.

PRUNE LAXATIVE.

Those who eat and live correctly need no laxative. But we have not yet reached that stage of civilization where people will all behave themselves. Hence laxatives.

An old-fashioned, safe, sweet tasting laxative can be made by any housewife by stewing some prunes together with the leaves of senna—two good-sized senna leaves to each prune. When the leaves are broken the amount of senna can be estimated by a little judgment. Stew slowly a long time. Sweeten to suit the taste. Small children take it so readily that care should be taken to prevent them eating too much. One prune with a little juice is enough. This is just as good as any advertised laxative on the market.

Fresh liquid citrate of magnesia is one of the best and most satisfactory laxatives for both children and adults. A part of a bottle every Sunday morning and ordinary care in diet will keep the little one in good habit all the week.

Giving a child a full sponge bath for five minutes in a warm solution of seasalt and water and drying with a towel without rinsing off the salt is a simple and harmless method of moving the bowels.

A laxative for chronic constipation is composed of aromatic fluid extract of cascara, 1 oz.; fluid extract of licorice, 1 oz. Dose, one-quarter to one teaspoonful at bedtime.

MOLASSES AS A REMEDY FOR COLDS.

Just old-fashioned, black molasses. New Orleans molasses, sometimes called treacle. That is the kind you want to get.

Not white syrup or clear amber molasses, but dark molasses, the darker the better, is a fine remedy for colds. Take a teacupful of black molasses, a teacupful of New England rum and a teacupful of water that has been boiled. Put them together in a bottle, shake it up, set it away in a cool place. It will keep indefinitely. For that cold and rasping cough take a tablespoonful of this mixture before each meal and at bedtime. If you wake up in the night with a coughing spell take another spoonful of it. If you have a violent cold with running nose and sore throat, take a little bottle of this stuff with you, take a small swallow of it, say a teaspoonful, every hour or oftener during the day. This mixture is a mild expectorant, a gentle laxative and a slight stimulant. Better than drugs, can't do any harm.

A GOOD COUGH REMEDY.

A prominent physician who has for many years been very successful in treating diseases of children has prescribed for years the following, with beneficial results: For that tickling cough which usually follows measles, and for a palliative in whooping cough:

Compound syrup of licorice, 2 oz.; syrup of wild cherry, 1 oz.; syrup of ipecac, 1 dr.; syrup of tolu, 1 oz. For infants, 20 to 30 drops three or four times a day. For children from five to ten years old, one teaspoonful three or four times a day.

A splendid children's remedy for simple coughs is an infusion of equal parts of hoarhound, slippery elm bark, and catnip, all cut fine, with a little honey added.

Another quick and simple relief for children's coughs is a mixture of 1 part of sugar to 2 or 3 parts of vaseline. For a child one year old give one-quarter teaspoonful of the mixture as often as required.

A good cough syrup is a handy thing to have in every family. The following formula has been used since 1869, giving universal satisfaction. Take fluid extract pleurisy root, 1 oz.;

tincture lobelia, 1 oz.; glycerine, 1 oz.; paregoric, 1 oz. Mix. Take half a teaspoonful when the cough is troublesome.

See also "Nutritive Cough Cure" in adults department.

CROUP.

The French remedy for croup is onions and it is very effective. Cut them into thin slices and sprinkle each slice with a layer of sugar. This will yield a syrup which should be given in teaspoonful doses every fifteen minutes until relieved.

An old home remedy and one which is very reliable is powdered alum, $\frac{1}{2}$ to 1 teaspoonful; molasses, 1 tablespoonful. Mix and give it all at once to a child. Reduce the dose for an infant.

Kerosene oil used a drop or two on sugar internally and rubbed on externally will cure the most obstinate cases of croup.

Giving small doses of ipecac until the child vomits will relieve the stomach of accumulated phlegm and hasten recovery. See also "Cough Cures" in this department and "Nutritive Cough Cure" in adults department.

DIPHTHERIA.

A celebrated Australian remedy published by the government for the use of the people, is one teaspoonful of diluted sulphuric acid to a gill of soft water. Have a druggist prepare it. Dose, a teaspoonful every three hours; in severe cases, every hour. For infants use double the amount of water and half the dose.

For malignant or putrid symptoms, a gargle of one teaspoonful of chloride of lime to a half pint of water is useful.

Juice of a fresh, thoroughly ripe pineapple is a very efficient remedy. Take a tablespoonful of the juice every two or three hours and gargle the throat frequently with some of it. This is said to be a cure for the worst cases.

A solution of tannin used to swab the throat is also a reliable remedy. See also kerosene oil and lemon remedies.

SCARLET FEVER.

The Academy of Medicine of Paris publishes this remedy as a certain cure for scarlet fever and also for smallpox.

Sulphate of zinc, 1 gr.; fox-glove (*digitalis*) 1 gr.; sugar $\frac{1}{2}$ teaspoonful. Mix with 2 tablespoonfuls of water, and when mixed add 8 tablespoonfuls (4 oz.) more of water. Dose, a tablespoonful every hour; for infants reduce the dose according to age. This will check the disease in twelve hours.

A solution made of a teaspoonful of cayenne pepper, 2 teaspoonfuls of salt and a half pint of boiling water, then strained and added to a half pint of good pure vinegar is said to be a never failing remedy. When cold give a teaspoonful every hour, reducing the dose according to age, and frequently gargle the throat with this mixture.

Old uncooked fat bacon applied externally to the neck, throat and chest is a simple but remarkable remedy for this disease.

WHOOPIING COUGH.

The seeds of the common sunflower are one of the best remedies for whooping cough. Brown the seeds slightly like coffee, then grind and steep; when sufficiently steeped, drain clear of the dregs and sweeten with rock candy or lump sugar. Let the little ones drink freely of it at intervals through the day, and especially before retiring at night. In all ordinary cases, where children are properly cared for, and are kept in in bad weather, no other medicine will be required. It also has a loosening effect in a hard, tight cough. The following is another good remedy:

Slice one lemon thin, and add half a pint of flax-seed, 2 oz. of pure honey and 1 quart of water; simmer but do not boil four hours, cool and strain. If there is less than a pint of the liquid add sufficient water to make a pint. Dose, one tablespoonful, four times a day and in addition, a dose after each fit of coughing.

A tea made of the tops of red clover is a good remedy as is also a strong tea made of chestnut leaves. Sweeten and give five or six times a day.

One or two drops of oil of sassafras is said to be a never failing relief for whooping cough.

WORMS.

For children from two years upward, the following formula has been used for a number of years, with excellent results:

Spigelia, 240 gr.; manna, 200 gr.; senna, 100 gr.; fennel, 60 gr. Cut the spigelia into small pieces and mix with the other ingredients, and steep for one hour in a pint of boiling water. Give a child two years or upwards, half a teacupful, warm, morning, noon and night before eating.

Another remedy is, spearmint, $\frac{1}{2}$ oz.; hot water, 1 pint; infuse fifteen minutes and strain. For an adult two tablespoonfuls; for a child one year old, a teaspoonful three times a day will expel long round worms, or

Give four to ten drops, according to age, of oil of worm seed on sugar twice a day for three or four days and follow with a large dose of castor oil.

Pumpkin seeds will cure tapeworm as will also mucilage of slippery elm bark. Cut the bark fine, pour boiling water on it and let it steep until a thick mucilage forms. Drink several cupfuls a day and chew the bark continuously until the long thread-like head and neck is expelled.

For threadworms, an old Italian remedy is: Bruise a piece of root of garlic the size of a hulled walnut and add it to half a gill of whiskey or brandy. Let it stand covered for twenty-four hours and for a child give a teaspoonful three mornings in succession.

Sage tea is a useful home remedy for worms in children. See also Tape Worm Remedy in adults department.

CRACKED AND SORE NIPPLES.

A never failing remedy is tincture of myrrh applied every hour until relieved. This will heal them in a very short time.

Tincture of myrrh is also useful, taken internally in ten to twenty-drop doses with a little water, for ulcerated throat, obstinate coughs, and private complaints.

PREVENTION OF BLINDNESS.

(Extract from circular of New York State Department of Health, published by The Committee on Prevention of Blindness, of the New York Association for the Blind.)

For years there has been a movement in the medical profession for the prevention of infant ophthalmia (ophthalmia neonatorum) or inflammation of eyes of new-born babies. That is a disease of the eyes caused by infection at the time of, or shortly after, birth, which if neglected results in incurable blindness. Of 64,000 blind persons in the United States, it is estimated that more than 7,000 are blind from this one cause alone. These 7,000 are needlessly blind, for there is a very simple medical practice which, if followed at the birth of every infant, would prevent approximately all infant ophthalmia. It may be prevented almost always by proper care, and early and correct treatment. If the eyes are healthy, it does no harm, merely producing a slight redness which soon passes away. If they are infected, it almost invariably destroys the germs. If precautions are not taken, and the disease develops and runs its course unchecked, the sight is totally destroyed, often within a fortnight.

DIRECTIONS TO ALL MOTHERS, MIDWIVES AND NURSES.

Measures to be Taken by the Mother During Pregnancy.
All women during pregnancy should be instructed as follows:

Daily external cleansing should be thoroughly performed with soap and water and a clean wash cloth.

Should the pregnant woman have any irritating discharges, or even profuse white discharge, she should be instructed to immediately consult her physician or the nearest dispensary.

Care That Should Be Given to the Child at Birth to Prevent Ophthalmia Neonatorum. Immediately after the delivery of the head, before the delivery of the body, the eyelids should be carefully cleaned by means of absorbent cotton or a soft linen cloth dipped into warm water that has been boiled or boric acid (saturated) solution. A separate cloth should be used for each eye, and the lids washed, from the nose outward, free from all mucus, blood or meconium. All wipes should be burned after using. No opening of the lids should be attempted. At this time also the lips and nose should be in like manner wiped free of mucus, and the little finger, wrapped with a piece of moist linen, should be passed into the child's mouth and any accumulated mucus removed by an outward sweep of the finger.

As soon after birth as possible the eyelids should be again wiped clean of mucus, and two drops of a 1 per cent solution of nitrate of silver should be dropped into each eye, from the end of a smooth, clean, glass rod or piece of clean absorbent cotton. One application only of the silver solution should be made, and ordinarily no further attention should be given the eyes for several hours. Each time that the child is bathed, the eyes should be first wiped clean, as above described, with the boric acid solution.

The hands of the person charged with the care of the child must be washed with soap and dried with a clean towel before the eyes of the child are touched. Everything that is brought near the eyes of the child must be, in every instance, absolutely clean. The cotton that is used on the eyes of the child must, in every instance, be immediately burned after it is used. The water, towels, old linen and the cotton that have been used on the mother must, under no circumstances, be applied to the child. The air of the bedroom must be kept

as pure as possible, and the linen should never be dried in the sick room.

Too much cannot be said relative to the importance of thorough work and gentle manipulations in executing the details of the prescribed treatment. The medicament should actually reach the conjunctiva at each operation. Solutions should be lukewarm and either dropped from a blunt dropper or applied with absorbent cotton, and the greatest care taken that not even the slightest abrasion of the mucous membrane or bruising of surrounding tissues result, thus more than defeating the purpose of the treatment. Infective material, gaining entrance through an abrasion of the conjunctiva, may bring about the utter destruction of an eye.

The use of a silver solution in the eyes at birth may give a false sense of security, for secondary infections may and do occur, with results quite as disastrous as those following infection at the time of birth. If the child has been surrounded by infective material during delivery, it follows that the bath water in which it is immersed, its clothes, the nurse's hands and apron, and the infant's own hands and nails may be the means of reinfecting its eyes. For this reason, any redness or swelling of the eyelids during at least the first two weeks of life, or until the lachrymal secretion is established, should be regarded as serious.

Later pus infections are of many kinds, and are mild or dangerous, as the pus contains mild or dangerous germs. One of the most serious infections is that which results from the pus of gonorrhœa. If treated promptly the eye of an infant infected with this disease is likely to escape uninjured. But in the eye of an adult it is most serious and must have both immediate and untiring treatment.

What Must Be Done When Inflammation of the Eyes Appears. When the lids become red and swollen, and are gummed along their borders, and when mattery discharge is mixed with the tears as the child sleeps or cries, an oculist or a physician should be called immediately, or the child taken to the nearest dispensary. Each hour of delay adds

to the danger. While waiting bathe the eyes of the child every half hour with pledgets of cotton dipped in a solution of boric acid. Open the lids and allow the solution, which should be warm, to flood the eyes and wash out any matter which may have gathered there.

The danger to the nurse herself in irrigating gonorrhœal eyes is worthy of mention, since the fluid may spurt into her own eyes if other than the gentlest stream be used. Large protective spectacles are sometimes worn by the nurse to avoid this danger.

The child should not be fondled and nothing which has been used about the eyes or face should be used for any other purpose. All of those in the home should be warned of the danger of catching the disease by getting the matter into their own eyes.

Do not listen to those who say it will amount to nothing, or to those who say to bathe the eyes of the child with the mother's milk (the milk is a means of spreading the germs of this disease). Such advice is bad; the delay may result in blindness. See also article on Eye Troubles in adults medical department.

For other remedies suitable for children, refer to articles on "Garden Vegetables and Herbs," "Salt Remedies," "Kerosene Oil Remedies," "Lemon Remedies," "Nutritive Cough Cure," "Diarrhœa and Dysentery," "Liniments and Salves," "Special Treatments."

MEDICINAL ACTION OF FOODS.

The biggest part of man is gas—by man we mean his body. Reduce a healthy man of 148 pounds to fine ashes and a child can carry him. Make a careful analysis of the ashes and you have discovered what may be called the earthy foundation without which the body cannot exist on earth. These earthy foundations were supplied and must be sustained through food. It is said that every blood corpuscle is a microcosm—

a little world—carrying in itself all that is needed by man from brain food to bone food, and so it is when man is in a state of health, but if these mineral elements are not supplied to the blood in proper proportions or if there exists a deficiency or excess of earth salts, malnutrition or obstruction of some part of the body is the result and this is termed disease.

This is the theory and foundation upon which is built the Biochemic System of Medicine of which Schussler was the leading exponent, and of Hensel's Physiological Treatment of Disease.

The body of a human being weighing 148 pounds is said to consist of: Silica, iodine, gold, silver, manganese, barium and other minerals, of each a small and indefinite quantity; fluorine, 3 dr.; iron, 3 dr.; magnesium, 6 dr.; sodium, 2 oz.; chlorine, 2 oz.; sulphur, 4 oz.; potassium, 5 oz.; phosphorus, 1½ lbs.; lime, 2½ lbs.; nitrogen, 4½ lbs.; hydrogen, 14 lbs.; carbon, 31 lbs.; and oxygen, 92 lbs.

Of the elements of the body, oxygen is derived from the air and is the vitalizing fluid acting through the inorganic salts. Carbon and hydrogen are force and heat makers and are derived chiefly from foods like beans, cheese, rice, whole wheat, rye, barley, breads, oatmeal, butter and other fats. Nitrogen is derived from beef, fish, eggs, beans, peas, lentils and whole grain products.

The mineral elements are found everywhere in the air, the water, the earth, and in all vegetables and animal bodies. They are the active, exciting agents of all forms of life. They prepare and assimilate the foods you eat, change its character to suit the needs of the system, use it and discharge the waste products. It is through the inorganic salts that the creator acts. An active energy impossible in fat, albumen, etc., is at once set in motion by potassium sodium and other salts, in combination with fluorine, phosphorus, chlorine and sulphur. It is through these salts that life is manifested in any form.

These mineral elements mysteriously changed by nature into the only form in which they can be assimilated by the

human or animal system, are by far the most important of all the food elements. Where these salts are deficient, no matter how much a man may eat, he is half starved.

This appears to offer a very simple solution of the problem, viz.: to find out what element is lacking and take a dose of that mineral; but, there are two reasons why this plan will not work; first, these mineral elements are required only in the most minute quantities and in a continuous supply, and, second, when the human system needs iron, potassium, lime, phosphorus, etc., it does not want them as produced by concentration in the laboratory. The $1\frac{1}{2}$ pounds of phosphorus in the body is not that much crude phosphorus located somewhere in the anatomy but is combined with sodium, potassium, magnesium, iron and other elements and diffused throughout the entire system. There is not an atom in your body which does not contain phosphorus.

The three drams of iron is a small quantity, but you could not live without it. Now these three drams could not be supplied by swallowing nails, nor can it be taken into the system out of many crude solutions intended to supply the lack of iron. Some of these will supply three drams in a few doses and keep it up for months. The body ought to be full of iron, but it is not. It goes no farther than the alimentary canal. It is necessary to prepare the iron in the form nature uses it. So it is necessary to prepare the other mineral elements so that the minute glands can absorb them into the blood stream from which they are supplied to the cells of the tissues.

This is accomplished in the biochemic system of medicine by trituration or long continued grinding in contact with the crystals of milk sugar. In nature the friction of rocks grinds the particles of minerals to infinitesimal fineness, when they are then taken up and held in suspension by the water we drink, and in the vegetable kingdom this trituration occurs in similar manner through the solvent action and motion of the roots and stalk from natural causes.

Those who want to take up a further study of the bio-

chemic remedies may obtain interesting literature on this subject by corresponding with Boerick & Tafel, Philadelphia, Pa., or Luyties Homeopathic Pharmacy Co., St. Louis, Mo.

This article will treat more fully upon the medicinal action of the salts as obtained from the vegetable foods, the other branches being too scientific to be of use to the average person and requiring more space than can be allowed in a work of this character.

Infinite Wisdom so designed the human body that these mineral elements would be provided automatically by contact with the earth; but man, with pseudo-wisdom, has elected to prevent this by wearing shoes and clothing which completely separates the body from all beneficial effects of the soil. Every portion of the surface of the body which sustains weight while walking, standing or reclining in a nude state, is provided with excretory functions for removal of solid waste matter. On other portions of the surface there are pores with selective power which are designed to take up the finely powdered mineral dust and convey it into the blood direct. This absorbative function is centered in the hollow of the instep on the soles of the feet, where the pores are five or six times larger than elsewhere, but as this source of supply is cut off, we must depend upon other means to furnish the necessary mineral elements.

The principal natural sources of these mineral elements from which the body receives its constant supply, are the drinking water and vegetable foods. Animal foods contain too small a percentage to be depended upon, with the possible exception of phosphorus or the iron contained in ox-blood, and as drinking water seldom varies in mineral content, the vegetables must be relied upon to meet the ever changing demand for the various earth salts.

Silica and sulphur are needed among other things for the sustenance of the hair, nails and skin. If they are not supplied, these parts of the body must suffer. Silica gives hardness to the enamel of the bones and teeth and to the hair and nails. It is also needed for firm muscles and warm blood and in

certain sections of Europe where the soil is rich in this element the inhabitants are noted for their muscular development and long life. It keeps the heat and electricity in the body and prevents decay.

Iodine and phosphorus are required by the thyroid glands which have important functions to perform in preparing the food for assimilation. Phosphorus in connection with potassium is the principal constituent of grey matter of the brain or sensory nerves. Combined with magnesium, it is the basis of white brain matter or motor nerves.

Iron is the oxygen carrier of the blood; a lack of sufficient iron in proper form causes tired, rundown feelings, greenish paleness and acute inflammation.

Sulphur acts upon every part of the body and is useful in a vast number of diseases. It keeps the balance against phosphorus and is a great skin and blood remedy.

Fluorine, lime and sulphur are required by all elastic tissues of the body. Their absence results in brittleness of the teeth and bones, wrinkled skin and varicose veins.

Sodium is the element which maintains fluidity of the various liquids of the body and prevents them from thickening and drying up. It keeps the lime in soluble state and prevents it from forming gall and bladder stones.

Magnesia is the elemental constituent of all bony matter and of motor nerves.

Lime forms the bulk of bone structure and its absence is noticed by perverseness of the body, rickets, itching, bone disease, etc.

The following list gives the vegetables, fruits and cereals, etc., which are richest in the various earth salts:

Silica. The outer skins and coats of vegetables, fruits and grains are rich in this important element, also entire wheat products, unpolished rice, whole barley (not pearl barley), oats, lettuce, strawberries, horseradish, asparagus and spinach and all vegetables growing in sandy soils.

Sodium. Apples, strawberries, gooseberries, prunes, peaches, spinach, parsley, carrots, radishes, cabbage, aspara-

gus and all vegetable juices; watery vegetables and those which thrive near the seashore.

Phosphorus. Cucumber, cauliflower, whole wheat, rye and barley, onions, peas, beans, lentils and all vegetable seeds and most of the fruits and berries, also meat, eggs and fish.

Sulphur. Cabbage, onions, garlic, horseradish, cauliflower, asparagus, radishes, apples, figs and most of the yellow vegetables and root vegetables, and yolk of egg.

Lime. Onions, strawberries, asparagus, radishes, coconuts, beechnuts, also sea fish, skimmed milk and buttermilk.

Magnesium. Barley, rye, corn, oatmeal, figs, blueberries and apples.

Iron. Strawberries, spinach, gooseberries, asparagus, lettuce, beets, also ox-blood and beef extracts.

Iodine. Dulse, also called dillisk, an edible seaweed; red cabbage, eggs, oysters and cod liver oil.

Potassium has not been mentioned above, as this element exists in sufficient quantities in most all vegetables.

The above list is far from complete owing to the fact that very little definite information is obtainable upon the subject, but many investigators are working along this line and in the near future much good will result therefrom.

It will readily be seen that in order to use the above intelligently it would require much time, attention and study, but the key to the whole situation is the normal appetite. By this means nature makes known her requirements.

The analysis of the body can help very little, as some of the elements are used much faster than others, although at any one time there may be less of a rapidly consumed element present than of another which is more permanent.

The Department of Agriculture gives the following list of the approximate daily requirements per man of each of the mineral elements:

Iron, .006 to .012 gram; magnesia oxide, .3 to .5 grams;

sodium oxide, 4 to 6 grams; chlorine, 6 to 8 grams; sulphuric acid, 2 to 3.5 grams; potassium oxide, 2 to 3 grams; phosphoric acid, 3 to 4 grams; calcium oxide, .7 to 1 gram.

The easiest way to determine whether the appetite is normal is to observe what is craved the most and then compare its mineral content and actions with the indications of the body.

For curative purposes, the amount of green vegetable foods eaten at each meal should be at least twice as much as the cereals, breads, starches, fats and sugars combined.

ACTION OF HOT DRINKS.

Many people drink tea and coffee too hot, believing it is best to do so. This is wrong. It is best for your system to drink it warm but not hot. Drinking it hot weakens the inside organs—causes weak stomachs and other ailments. To be healthy take your drinks of the same temperature as your system. If you are used to hot drinks put one of them on a plant and notice the effect. It has the same on you.

DIETARY HINTS.

Table of foods useful as natural regulators for the bowels. This list is specially valuable to women during pregnancy, the laxatives to be used to relieve constipation and the constipatives when the bowels are too free in their action.

Laxative. Wheat bread, at least twenty-four hours old, mush from wheat flour, graham, oatmeal, or corn meal; cracked wheat, cold raised biscuits, gems and crackers of wheat or graham flour; sago and rice and fruit puddings; fresh acid fruits of all kinds; apples, peaches, grapes and plums; tropical fruits in good sound condition, such as figs, raisins, bananas, prunes, oranges and lemons. Dried fruits, stewed plums, peaches and prunes being among the best. Rhubarb, celery, onions, beets, tomatoes, green peas, cauliflower, squash, pumpkin and corn.

Constipating. Dried and smoked fish; cheese, chocolate, boiled milk, tea, coffee, beans, tapioca, farina starch, blackberries, raw eggs, barley, hot white bread; rolls, dumplings, etc., made with baking powder; toasted white bread, white crackers, black pepper, and spices, custard pudding, toast, poultry and potatoes.

Lean fresh meats have no decided influence in either condition.

Salt, milk, cream, butter, cheese and eggs cause phlegm and frequently indigestion also.

Vital or brainy foods are fish, meat, milk and eggs.

Warming nerve foods are lean, tender meat, game, fowl, fish and mushrooms or vegetable meat.

Whites of eggs and almonds are nourishing but constipating.

Pears, apples, asparagus, green corn, cauliflower, spinach, celery, parsley, lettuce, watercress and onions are blood purifiers and laxatives.

The solvents are lemons and tomatoes. Lemon juice and water without sugar, taken every morning is excellent for the complexion, as are also tomatoes and all of the green vegetables.

The muscle sustaining foods are cereals, starches, breads, potatoes, honey and sugars. Sugars, starches and fruits taken to excess are bad for liver troubles. Only sufficient breads, cereals and starch foods should be used to keep strength up to normal.

To those who desire to study this subject further, the following books are recommended: "A Brainy Diet for the Healthy" and "The Vitalism Series" of booklets, by S. Leppe of England. These books give accurate and reliable knowledge on the subject of diet and may be obtained in the U. S. from G. H. Brinkler, Washington, D. C.

GARDEN VEGETABLES, HERBS AND SIMPLE HOME REMEDIES.

The following have effected marvelous cures in different parts of the world.

In Japan strained flax seed tea is considered superior to any other known remedy for the permanent cure of constipation. It may also be used as an enema.

The cranberry is reputed to be a positive cure for piles, no matter of how many years' standing.

Garden lettuce is a substitute for opium without the injurious effects of the latter. It is anodyne, hypnotic, antispasmodic, and sedative in chronic rheumatism, colic, diarrhoea, asthma, troublesome coughs, etc.

The garden beet, the long rooted variety, is a safe and certain cure for gravel. The juice of this beet will dissolve stone in the bladder and is valuable for relieving menstrual troubles.

Red pepper, internally, is said to surpass all other remedies for la grippe and used as a gargle it is reported to be a specific for scarlet fever.

The plantain, the common yard weed, is one of the best worm remedies in existence. For neuralgia, take two to five drops of the tincture in water every twenty minutes until relieved or bruise the leaves and apply. It acts promptly. Plantain leaves make' excellent poultices for bruises and ulcers. Take several of the leaves and crumple them until the juice exudes. Then place the leaves directly on the sore, binding a cloth over it. It will take out the inflammation and draw to the surface any purulent matter. The poultice should be changed frequently enough so that it does not get dry.

Navy beans, the common white beans, will cure Erysipelas very effectually and speedily.

Onions. The onion is rapidly coming more into favor on the tables of all classes of people as its many virtues are becoming known. "It is undoubtedly the earth's best product," said a successful caterer. "It is a medicine; it is a food, and it is a narcotic." Onions are a certain remedy for bronchitis and have been known to cure pneumonia when all other medicine failed. Mash and use as a poultice back and front and eat a thin slice with a little salt morning and

night. Onions are a good cure for croup and constipation and in India they are used to extract the fire from burns and cure insect stings, also as a dressing for the most severe wounds and injuries.

Radish, the round, red variety, has recently been discovered to be a cure for Bright's disease.

The Carrot. The common variety will cure kidney complaint and strained carrot soup is reputed to be the best remedy for indigestion in children.

Tomatoes are said to be a positive cure for cholera infantum. A celebrated physician states that the tomato has many valuable medical properties and should be constantly used as a part of the daily diet. It acts as a powerful aperient for the liver where calomel is indicated and is an almost sovereign specific for diarrhoea and indigestion.

Garden sage is an old reliable cure for night sweats.

Hops, made into a tea and drank freely four or five times a day, will cure chronic kidney complaint. They are also used in hospitals for sleeplessness and sick headache.

Celery is a sovereign remedy for rheumatism. Eat freely and make a tea of the seeds.

Essence of peppermint is an immediate cure for sick stomach and vomiting. It acts like a charm in relieving headache and seasickness. It is also valuable in kidney complaint.

Pumpkin seeds will expel tape worms when all other means fail.

Horseradish is a certain remedy for hoarseness and is useful in dropsy.

Black mustard seeds are a cure for certain forms of dyspepsia. Eat a small quantity as required.

Nettle seeds cooked in wine will cure pleurisy or inflammation of the lungs. Fourteen or fifteen nettle seeds ground to a powder and taken daily will cure goitre. Crushed leaves of the nettle applied to a sore will prevent gangrene.

Pink root is a good remedy for worms in children. A few cents' worth from the drug store is sufficient.

Kidney plant or liver wort is one of the best remedies known for kidney complaint. It is said to be the principal ingredient in the celebrated Warner's Safe Cure for Kidney Complaint.

White pond lily is a sure cure for ulceration of the womb.

Unicorn root is an invaluable remedy for falling of the womb and is a complete specific for sexual losses and other sexual affections.

Dandelion is an infallible cure for liver complaint. Eat freely of the fresh plant and root, also the cooked greens, and in winter make a tea from the dried roots.

Chittim bark is valuable in constipation. The demand for this remedy has increased so that it is kept by nearly all druggists.

Yerba reuma. A new remedy from the Pacific coast. It is surpassing all other remedies for catarrh, acute or chronic leucorrhœa, gleet and shingles.

Wild grape is one of the greatest blood purifiers known and specially effective in leucorrhœa or whites.

MOTHER'S HOME REMEDIES.

"Grandma's Tonic Bitters" for torpid liver, indigestion, spring fever, itch and skin affections. One tablespoon each of bark of sassafras, sarsaparilla and cascara sagrada and senna leaves crushed or broken up fine. Pour over it 1 quart cold water, set on stove and simmer slowly until reduced one-half. Strain, bottle and add a little alcohol to keep it. Adult's dose, one tablespoonful morning and night.

Genuine Gypsy Liniment. None better for man or beast. Oil spike, 1½ oz.; oil origanum, 1 oz.; oil sassafras, 1 oz.; aqua ammonia, 1 oz.; spirits turpentine, 1 oz.; opodeldoc, ½ pint. Mix.

Angelic Oil for Rheumatism. Marvelous cures are credited to this remedy. Alcohol, 4 oz.; tincture of capsicum, ½ oz.; crushed paradise seed, ½ oz. Mix and set aside for twenty-four hours, shaking occasionally. For external use only.

Rheumatic Rubbing Oil. For external use only. Five dollars was paid for this recipe and it has cured many bad cases in from four days' to one week's time. Olive oil, spirits of camphor and chloroform of each 2 oz.; sassafras oil, 1 teaspoonful. First add the sassafras to the olive oil and then spirits of camphor and shake well before putting in the chloroform. Keep tightly corked and apply three or four times daily.

U. S. Army Medical Wagon Liniment. Aqua ammonia, oil of turpentine and olive oil equal parts. This is a powerful first aid.

Arnica Liniment. Add to 1 pint of sweet oil 2 tablespoonfuls tincture of arnica. Good for bruises, wounds, stiff joints, rheumatism and injuries.

Cream Liniment. An old-fashioned but very good home remedy. Dissolve 3 raw eggs in 2 quarts of vinegar and add $\frac{1}{2}$ pint of turpentine. Don't use across the kidneys on account of the turpentine, which has a powerful influence on these organs.

Camphorated Oil. To make camphorated oil, beat 4 ounces of camphor in a mortar with 4 ounces of Florence oil till the camphor is dissolved. This is an excellent liniment for rheumatism and all kinds of sprains.

Universal Liniment. An excellent all around liniment for rheumatism, swellings, sprains, bruises, cuts, weak back, aches and pains, muscle soreness, corns, etc., and is useful for animals as well as for mankind. Alcohol, 95 per cent, 2 quarts; oil sassafras, 1 oz.; oil hemlock, 1 oz.; spirits of turpentine, 1 oz.; tincture of cayenne, 1 oz.; tincture catachu, 1 oz.; tincture guaiac, 1 oz.; laudanum, 1 oz.; tincture myrrh, 4 oz.; oil origanum, 2 oz.; oil of wintergreen, $\frac{1}{2}$ oz.; gum camphor, 2 oz.; chloroform, $1\frac{1}{2}$ oz. Mix. Rub in well with the hand until it burns or smarts or wet flannel with it and bind on.

For headache and neuralgia take 8 oz. of above liniment and add to it 1 oz. chloroform and $\frac{1}{2}$ oz. oil wintergreen, rubbing upon the head and holding to the nostrils.

A Good Painkiller. For external use only. Alcohol, 1 pint; chloroform, $\frac{1}{2}$ oz.; oil of sassafras, $\frac{1}{2}$ oz.; oil mustard, 2 dr.; gum camphor, 1 dr.; tincture capsicum, 2 dr.; tincture myrrh, 2 dr.

Mustard Liniment. For horses and cattle. Used for severe inflammation of the bowels. Flour of mustard, 2 oz.; liquor of ammonia, 1 oz. Mix and add water sufficient to make a cream. Rub in well all over the belly of the animal.

Original Indian Salve. Melt together, 8 oz. rosin and 2 oz. beeswax; then add the following mixture in powder: armenian bole, nitre and camphor of each 1 oz.; stir them well together, then pour the whole in cold water and work it in the water until it can be taken out and formed into rolls or sticks.

Alaqueca Styptic. Natural iron pyrites, used by the Indians to stop local bleeding.

German Pine Tar Salve. Balm of Gilead buds, 2 oz.; liquid extract calla lily bulbs, 2 oz.; oil of rue, 2 oz.; pine tar, 2 oz.; strained honey, 2 oz. Stir these thoroughly. Bismuth, 2 oz.; bitter-sweet root pulverized, 2 oz.; precipitated sulphur, 2 oz. Mix these powders thoroughly and then stir them slowly into the first. When used on a dry surface, dilute with olive oil or listerine. This is one of the greatest healers known for old sores. It has cured the worst cases of varicose ulcers.

If there are signs of ulcerations or varicose conditions in any part of the body, do not be deceived into believing that healing of the local point of trouble by outward applications will produce a permanent cure, for, like other impurities in the blood, if driven in at one place they will break out at another. Varicose conditions and ulcerations are indications of a breaking down of the elastic fibres of the skin and sheath tissues of the body and a general glandular deficiency caused by poverty of the blood, and can be permanently removed only by a course of treatment with the proper Schussler Tissue Remedies which requires a considerable period of time. Calcarea florica 6x or 12x; silica, 6x or 12x; kali sulphuricum,

6x are the indicated remedies, and sulphur, 6x; calcarea sulphuricum, 6x and saw palmetto, 1x, are sometimes required also. These remedies are very slow acting but certain. They are the true physiological and natural building materials of the cells, skin and elastic tissues of the body and are not in any sense of the word drugs.

Alum Ointment for Piles. Alum in very fine powder, 1 dr.; lard, $\frac{1}{2}$ oz.; mutton tallow, 1 oz. Mix thoroughly. In some cases burnt alum, two-thirds drachm, substituted for the alum in above formula gives better results.

Kickapoo Buffalo Salve. Vaseline, 1 lb.; tallow, 1 lb.; white wax, 3 oz.; oxide of zinc, $1\frac{3}{4}$ oz.; red precipitate, $1\frac{1}{2}$ oz.; oil of cedar, $\frac{3}{4}$ oz. Melt and stir together until cold, then box.

Camphor Ice. White petrolatum, 8 oz.; paraffine wax, 5 oz.; camphor, 2 oz.; menthol crystals, 10 gr. Heat petrolatum and paraffine; when melted add camphor and menthol, remove from the heat and stir until cold.

Kaolin and Arnica Salve. Good for severe wounds, barbed wire cuts, sores and bruises. Relieves pain and takes out the poison. Glycerine, $\frac{1}{2}$ pint; water $\frac{1}{2}$ pint. Mix and stir in enough kaolin to make a thick cream paste. To each pound of the above paste, add balsam of Peru, $\frac{1}{4}$ oz.; tincture of arnica, $\frac{1}{2}$ oz.; and mix thoroughly to distribute evenly through the mass.

Plaster for White Swelling and Old Sores. Cider, 2 quarts; beeswax, 1 lb.; sheep tallow, 1 lb.; tobacco, 1 lb. Boil the tobacco in the cider until the strength is out and then strain it; add the other articles to the liquid and stir it over a gentle fire until all is dissolved, then remove from fire and stir until it cools.

Adhesive Plasters. Used on strips of muslin to replace stitches. White rosin, 7 oz.; beeswax and mutton tallow of each $\frac{1}{2}$ oz. Melt all together and pour into water, pull and roll into suitable sticks.

Peleg White's Old Salve. Similar to above for old sores, cuts and rheumatism. Rosin, 3 lbs.; mutton tallow and beeswax of each $\frac{1}{4}$ lb. Prepared as directed above.

Artificial Skin. Painted over cuts or wounds previously washed clean and dried, it forms air-tight protection from dirt and germs and allows healing to progress rapidly. Cut up 1 oz. of crude white gutta percha as fine as possible and place in a bottle with 3 oz. chloroform. Keep well corked and set aside for four or five days until thoroughly dissolved.

To Retain the Animal Heat of the Body. To retain the animal heat of the body and keep the hands warm without gloves in the coldest weather, place the thumbs in the palms and close the fingers over the thumbs.

To Prevent a Chill. When passing from a heated apartment into cold air, take a deep breath slowly through the nose, before opening the door, retaining the breath as long as it is comfortable to do so while going out into the cold air, then exhale through the nose slowly, repeating until the body has had a chance to adapt itself to the cool air. Holding the breath automatically closes all of the pores of the skin.

NATURAL MEDICINES OF THE HUMAN BODY.

The human body is provided with many glands which, when in a perfect healthy condition, automatically secrete the necessary medical fluids, such as antiseptics, stimulants, sedatives, etc., to correct any abnormal physical condition which may arise, thus taking the place of artificial medicines entirely; as an illustration, the supra-renal glands located at the upper end of the kidneys, produce when in a perfect condition an astringent, antiseptic fluid which will counteract the poison of one of the most venomous snakes, the cobra de capello, and this fluid stops the flow of blood and controls the action of the heart in cases where any part of the body is cut or wounded. These and other important glands

of the human body become injured and fail to perform their special functions, through certain violations of the laws of life, which violations may either be deliberate, accidental, or occur through ignorance. In any case, artificial medication can only hope to relieve an abnormal condition and does not make the body immune to the affection, if the same violation of the laws of life is repeated.

There is a specific for every ailment, but if these became generally known the whole race would soon degenerate into a condition of dependence upon a multitude of drugs and treatments.

The only practical method of permanently eliminating disease is to study the mental, moral, or physical origin of each malady and act accordingly, thus removing the cause which destroys the efficiency of the glands.

SECTION II.

HOUSEHOLD ECONOMY.

This section is devoted to special money, time and labor saving methods, formulas, processes and handy hints for the busy housewife. They will lighten the burden of her domestic cares by reducing the labor and expense of housekeeping to a great degree, and by providing more time for rest, pleasure and self-culture.

The information here given is thoroughly practical as well as unique, simple and economical, and much of it has never before appeared in print. Ladies who use these methods will never be without pocket money, nor grow old before their time from household drudgery.

BUTTER ECONOMY.

The high cost of living within the last few years has developed many new food preparations and substitutes, but until this process was discovered nothing satisfactory has ever been found to replace butter and materially reduce the cost of this necessity which is a very large item of household expense.

Strange as it may seem, however, it is now possible by this wonderful yet very simple process, requiring only the utensils found in any kitchen to mechanically combine one pound of butter with one pint of sweet milk (weighing one pound) so as to produce about two pounds of a most delicious and excellent substitute for the best creamery butter, which looks the same; is used the same; gets as hard; tastes as good, if not better; is more digestible, owing to the separation of

the fat globules, and, for all ordinary purposes, is equal to the original butter used in its making.

It will readily be seen that this means a big saving in the course of a year's time, when butter, ranging in price from 22 cents to 40 cents per pound, and milk at from 3 cents to 5 cents a pint, can be so combined, thus making two pounds of fine butter product at a cost of from 25 cents to 45 cents, which means a saving of from 19 cents to 35 cents every week if only two pounds of butter is used each week.

Directions: Cut up one pound of butter into small pieces and place with one pint of sweet milk in a bowl, tin pail or any cooking vessel which will hold about two quarts and put this vessel in an outer vessel, with sides high enough to hold water to an equal level with the contents of the inner vessel.

Fill the space between the inner and outer vessels with LUKEWARM water (just slightly warm to the hand) and let it remain about five minutes until the butter has softened somewhat, then, holding the handles of two or three table forks together, spread them apart a little at the points, fan fashion, so as to form one wide fork, or substitute for this device a perforated cake mixing spoon, and, using either of these as a mixer, stir the butter and milk rapidly and then beat as you would cake batter. In a minute or two you will notice the milk is disappearing and when it has all combined, leaving only what appears to be soft butter, the mixing is completed.

Now stir in a little salt to taste and if a deep color is desired, add a drop or so of butter coloring which may be had at most drug stores. Put on ice or thoroughly cool in some other manner at once and when hard it is ready for use and should be cared for the same way as any butter.

In absence of suitable double vessel, the butter may be warmed so that it is soft but not fluid and the proper proportion of milk should be made lukewarm and added to the butter. Then beat them both together until the milk disappears and treat them as above directed. For small quantities this method is probably the simplest, easiest and quickest.

A two-quart ice cream freezer, a patent cake mixer, or a two-quart double cereal boiler are convenient apparatus for this process for family use. Larger quantities should be prepared in ice cream freezers of proper size.

Any quantity may be combined in the same manner by using the same relative proportions of the ingredients with vessels of suitable size. It is a good plan to try a small quantity at first, say one-quarter pound of butter and one-quarter pint of sweet milk, mixing in a bowl standing in a larger bowl surrounded by lukewarm water, using the forks or cake spoon mentioned above or an ordinary revolving egg-beater or cream whip, so as to learn the proper temperature of the water, for if the ingredients are worked either too hot or too cold, the butter will turn to oil or they will refuse to combine.

Do not mix or stir it while cooling as this will cause the milk to separate, but if this should happen, add more warm water to the outer vessel and repeat the process, when most all of the milk will re-combine but the quality of the product in such event will be inferior.

Follow these directions carefully, step by step, and failure is impossible as the process is much easier to carry out than to describe.

If an equal amount of sweet cream is substituted for the milk in the foregoing directions, a very superior article is the result.

Honey Butter. A delicious and strengthening sweet for children, the sick and the aged, is made by mixing thoroughly one ounce of best comb honey with one-half pound of the above process butter.

A New Cheese Dish. One-half pint of sweet cream and one-half pound of yellow cheese, cut fine and combined by this process, produces a most delicious cream cheese.

The Commercial Process known as the "Dutch Butter Process" varies somewhat from the above and is too complicated for family use. This process has sold in London as high as \$1,500.00.

Good ordinary butter, 4 lbs.; dry caseine, 6 oz.; fresh sweet milk, 4 pints; sodium bicarbonate, 160 gr. Dissolve caseine in 2 pints of the milk by heating and stirring. Soften the butter by heat until it will mix, transfer to a churn, add the soda and caseine mixture and mix well, then add balance of the milk. Churn until done, or the butter collects in small grains or masses. From this on, it is handled exactly like any other butter. In labeling, due regard must be paid to the pure food laws.

Families or merchants who desire to keep butter for long periods should pack and store only the pure butter, combining with milk by either of the above processes only as required for use or sale.

TEST FOR PURE BUTTER.

Drop upon a red hot iron a piece of butter as big as a lentil. If it is pure, it smells like melting butter; if there is an odor of broiling meat, it has been adulterated with lard or oleo-margarine; if there is a smell like that of a lamp smoking, it has been adulterated with some vegetable oil.

COAL SAVER.

Used by the public schools of New York city and saves 25 per cent of their coal bills annually.

Dissolve 2 oz. oxalic acid and 1 lb. of rock salt in 1 gal. hot water in a wooden or enameled vessel and sprinkle over coal and cinders to dampen well, but not soak. This makes the coal last longer and gives better heat. Oxalic acid should not be allowed to come in contact with the hands, clothing or metal, as it is a powerful corrosive poison.

One part of ordinary waste coal dust from the bottom of the coal bin, mixed with 2 parts of friable, slightly sandy earth and watered with a concentrated solution of soda sufficient to make a stiff paste, then formed into small lumps and allowed to dry, will burn well and emit great heat.

EASY CLOTHES WASHING METHOD.

If there are any bad stains or spots on the clothes, they should be removed by rinsing in clear water or treating them by some of the special methods given under "Cleaning and Removing Stains."

Put the clothes to soak, preferably at night, in a tub with cold soap suds to which has been added $\frac{1}{2}$ tablespoonful of German washing fluid to each pail of suds. (See recipe for German washing fluid at end of this article.)

In the morning put a boiler of water on the stove; shave a cake of common, ordinary laundry soap (don't use borax or naphtha soaps for this process) into it and when the water comes to a boil, but not before, add 1 tablespoonful of German washing fluid to each pail of water in the boiler.

Remove the soaking clothes from the tub, squeeze gently to remove surplus water and put in the boiler. Boil fifteen minutes and if very dirty punch them a little with a piece of the rounded end of a broom handle to loosen the dirt.

Then remove them from the boiler with a stick and rinse thoroughly in two or three waters and you will say this is the easiest washing you ever did.

When thoroughly rinsed hang the clothes on the lines dripping wet, pinning them on so that they hang straight. This saves the back-breaking labor of wringing and benefits the clothes, as they will dry smooth, without shrinking, and the evaporation of the water bleaches them beautifully. Moonlight will bleach almost as well as sunlight.

Cottons and linens washed and dried by the above method will be as white as snow and have a sheen like new.

Woolens require different treatment; never boil them. Wash wool fabrics in lukewarm suds—don't rub the soap on, as it hardens them to do so—rinse in lukewarm water, then hang them out dripping wet and they will look like new, without shrinking.

The above method gives results superior to any other known; reduces the labor about one-half and is very simple and inexpensive.

In ironing, if $\frac{1}{4}$ to $\frac{1}{2}$ a teaspoonful of fresh lard is added to sufficient hot starch for an ordinary sized family wash, it will prevent the iron from sticking and cause it to glide over the clothes easily. Fold a rug or comforter several thicknesses and stand on it while ironing and you will not get so tired from standing.

German Washing Fluid. One of the best washing fluids in existence. Concentrated lye, 1 lb.; powdered borax, 1 lb.; salts of tartar, 1 lb.; lump ammonia, 1 lb.; cold rain water, 1 gal.

Dissolve the borax, salts of tartar, each separate in a little of the cold water in glass, earthenware or crockery vessels. Dissolve the lye in the balance of the cold water (be sure to use cold water) in a stone crock and when cool add the others when well dissolved. If all the chemicals do not dissolve perfectly in the final solution, stir with a piece of wood (never let this washing fluid touch metal) and add sufficient cold rain water, a little at a time, stirring the while until all is dissolved. Keep for use in a well-covered stone crock or jug. Do not let it come in contact with the hands or clothing in undiluted strength.

DUTCH WASHING PROCESS.

The washerwomen of Holland and Belgium, so proverbially clean, and who get their linen so beautifully white, use refined borax as washing powder in proportion of $\frac{1}{2}$ lb. of borax to 10 gals. of water. This saves nearly half of the soap. For laces and cambrics, etc., an extra quantity of the borax is used. Borax, being a neutral salt, does not in the slightest degree injure the texture of the linen. Its effect is to soften the hardest water.

SIMPLE TEST FOR EGGS.

Fresh eggs, when pressed gently against the lips, feel cooler at the small end than at the large end. They look clear when

held before a strong light and the yolk does not shake when the egg is moved gently backward and forward endwise.

A SELF-COOKING DINNER.

Prepare a boiled dinner the same as for cooking on top of the stove, then put it all in the oven at 2 o'clock and without any further attention it will be ready by 6 o'clock.

PAPER-BAG COOKERY.

Paper-bag cookery which has become so popular in Europe and has now been introduced in America, originated with the famous culinary expert, Nicholas Soyer, late chef of Brooks' Club, London.

Soyer's experiments covered a long period. He soon became convinced that no method of cooking was so economical or so efficient in retaining the natural juices and flavors of the food; but it was impossible to find a bag which did not make the food taste. This difficulty was finally overcome by having a bag made for the purpose out of butter parchment paper.

The Union cookery bag, made especially for Soyer cooking in America, by the Union Bag and Paper Company, 17 Battery Place, New York City, satisfies every requirement, and this company will furnish prices and list of sales agencies in different sections of the country where these bags may be obtained.

Paper-bag cookery does away with pots and pans. With rare exceptions, the food is prepared and put directly into the bag, without any other dish or receptacle. This is only one of many advantages of paper-bag cookery, however.

It is very economical, less time being required to cook any given dish by the Soyer method than in any other way.

Food cooked in paper bags is wonderfully delicious. Not a particle of the natural juices is lost, as in all other methods. It does away with all cooking odors. It is absolutely clean. There is no shrinkage or waste.

“Soyer’s Paper-Bag Cookery Book” explains this method of cookery in the simplest terms, and gives the recipes of the famous chef, Soyer. Get it at your bookseller’s or of the publishers, Sturgis & Walton Company, 31-33 E. 27th street, New York City.

HATCHING CHICKENS WITH BEES.

An American living in Rome discovered that the temperature maintained by bees in a hive is exactly the same as that required for hatching eggs.

Build a rectangular frame with a linen bottom, which will fit inside of the highest section of the hive. Place one dozen eggs in the frame and protect with a perforated cover spread over and around them in the box. In the course of time the eggs will hatch without in any way preventing the bees from following their normal pursuits. Repeated experiments have proved that a dozen eggs at a time can be successfully hatched in this manner, and that in the course of a season one hive could produce more than eighty chickens.

HONEY COMPOUND.

Equal to genuine honey at one-half cost. White sugar, 5 lbs.; water, $1\frac{1}{2}$ pints; gradually bring to a boil and let it boil until it syrups, skimming well, then stir in well $\frac{1}{4}$ oz. of pulverized alum; remove from the fire and stir in $\frac{1}{2}$ oz. of cream of tartar, and when cool add $1\frac{1}{2}$ to 2 lbs. of comb honey, 1 tablespoonful of rose water and 5 drops of Lubin’s extract of honeysuckle. Alfalfa honey cannot be used in this formula.

TWO HUNDRED CUPS OF TEA FROM ONE POUND.

Directions for scientific tea making: For two cups of tea, weigh up an amount of tea equal to the weight of a dime (10c piece). Divide this amount equally in two cups and fill

up the cups with fresh, hard boiling water. Water must be boiling rapidly. Cover with saucer and let it steep from two to five minutes, but never more than that, then pour off the grounds and serve.

If the tea leaves are steamed or ground fine before steeping, about fourteen pints of good quality tea may be obtained from one ounce or about twice as much as by any other method.

TESTS FOR SILK, WOOL, LINEN AND COTTON.

The following simple tests for fabrics will enable any one to decide which is the best value of several pieces of goods by obtaining small samples and testing them before making a purchase. These tests are useful in many other ways also.

You wouldn't think of washing woolen goods with cotton, linen, etc., if the water was above a certain temperature. You can boil goods which you know to be cotton, linen, etc., with soap or washing powder, but you wouldn't think of doing the same with woolen goods.

There are two simple tests by which any one can tell the difference between wool and cotton goods.

One method to determine whether the goods contain animal or vegetable fibers such as cotton, linen, etc., is to apply a flame to the threads. Vegetable fibres, cotton or linen, burn readily, while animal fibres, wool or silk, when brought in contact with the flame, merely singe. To use this method, ravel threads each way of the cloth, using a small piece of the material, and try to ignite with a flame. Cotton, you'll notice, burns freely without odor. Wool sings with but very little flame and gives out a disagreeable odor as of burning horn or hair. Silk burns less freely than cotton, giving an odor similar to that given off by burning wool. Mercerized cotton, which is often used as an imitation of silk, burns the same as ordinary cotton.

If you're not sure, after applying the burning test, as to the composition of the material, a more accurate test should be used.

To determine absolutely whether there is any cotton in cloth, you can use the chemical test. Place in a dish five teaspoonfuls of any commercial powdered lye, and pour on to this one cup of water.

Now bring to a boil, stirring until dissolved. Place a sample of the material in question in this solution and boil for five minutes, after which the liquid may be poured through a fine wire sieve. If there are any fibres or thread found in the sieve, these are cotton or linen; if there are no fibres or threads remaining in the sieve, the material, all having become dissolved, is all wool or silk.

These simple tests will serve as a guide to the woman who is not familiar with the nature of dress materials.

At Teacher's College, Columbia University, a special course of lectures has been prepared for this purpose, and the young women who attend are being taught how to test, by simple means, the quality and composition of silks, woolens and linens. These tests in a simplified form are set forth below that they may be available to every housewife.

To Test Silk. First, take a small sample and boil it in a 5 per cent solution of caustic potash for fifteen minutes. The silk will be destroyed and the remains will be cotton.

Second, take another sample, fringe it as directed below and immerse it in strong hydrochloric or sulphuric acid. Silk dissolves in two to five minutes, but if it contains wool, the wool will remain unaffected.

Test for Linens. Immerse a fringed sample in oil of vitriol for one and one-half to two minutes. Then take it out and wash it well. If the sample is genuine linen it will not be affected by this treatment, but if it is largely cotton the sample will be almost entirely destroyed.

The Test for Woolens. Apply the oil of vitriol test as above. This will destroy the cotton, but the wool will hardly be affected. Another test is to moisten a fringed sample with 50 per cent nitric acid. Wool turns yellow, but cotton does not.

Test for Wearing Qualities. Ravel out several threads from the warp and woof of each sample and lay them on top of the sample. Untwist an average warp thread from each sample and separate the single fibres. Then do the same with a woof thread. The sample containing the longest and strongest fibres will wear the best, provided there is not too great a difference in the weave.

To Fringe a Sample. Remove both warp and weft threads about an inch and test the threads.

TWENTY-EIGHT POUNDS OF BREAD FROM FOUR-TEEN POUNDS OF FLOUR.

Tie up 1½ lbs. of UNPOLISHED rice in a thick linen bag, allowing sufficient room to swell. Boil three or four hours to a thin paste. Mix while warm with 14 lbs. of flour; 2 quarts of yeast or the equivalent of compressed yeast, and ¼ lb. of salt. Allow it to work near the fire, knead and divide into loaves and bake. It will make from 28 to 30 lbs. of good bread.

LARD ECONOMY.

If two-thirds of a pint of milk is combined with 1 lb. of pure lard according to directions given for combining butter in the article on "Butter Economy," it will produce a lard compound which may be substituted for lard in many places, at a saving of three to four cents per pound. By some it is said to be superior to plain lard for baking. Combine it only at the time it is required for use.

COFFEE ECONOMY.

Coffee contains an active drug known as caffeine which stimulates the nerve and brain centers causing an artificial excitement and unnatural exhilaration which exhausts the

reserve force or stamina of the body, and the reaction resulting therefrom so reduces the body's natural resistance to disease that exposure or unusual strain is quite likely to result in physical breakdown or disease of its weakest part. According to high medical authorities, the habitual and excessive use of coffee causes insomnia, delirium tremens, emaciation, palpitation and irritable heart, dyspepsia, nervous impairment, faintness, paleness and a train of other evils.

There is also a corroding action to coffee which may be known by observing a metal coffee canister after it has been in use for some time, when, by holding it between the eye and a bright light, there can be seen innumerable small holes which have been eaten through the metal, and the injurious effects of such corrosive action on the delicate tissues of the digestive organs, when long continued, can be readily imagined.

One remedy is to stop coffee altogether, but a better plan and one which does not require the sacrifice of the pleasure of enjoying the flavor and aroma of such a universally popular beverage, is to combine with it some substance which will at the same time counteract its injurious properties, furnish nourishment to the body, reduce the cost, and not detract from the color, flavor or aroma.

Parched rye meets all of these requirements in an excellent manner; its splendid color, flavor and aroma blend well with those of the coffee; the small particles of charcoal formed during its preparation act as an anti-acid; and the well known nourishing properties of rye are made more available by toasting, thus producing a most delicious and healthful coffee substitute with genuine coffee flavor, far superior to any of the preparations usually sold as such, and is specially useful in conditions of dyspepsia and nervous irritability, when caused by coffee drinking, as it is more nutritious and healthful than plain coffee, with this added advantage that its cost is reduced to from 10 to 14 cents per pound, according to the quality of the materials used.

Those who are prohibited from using coffee will find the

parched rye, used alone, to be a palatable and healthful substitute.

Nutrient coffee has genuine merit and is a wise economy in these times when the increased cost of foods has become a serious household problem.

Directions for making three pounds: Obtain two pounds of best rye (seed rye is best, costing three or four cents per pound), spread it out on a large white serving platter or any clean white surface and pick out all black specks and foreign particles; then throw it into cold water to wash out dust and empty hulls, and drain dry. The foregoing preparation is not absolutely necessary, but it improves the flavor and is desirable for cleanliness.

Brown this rye in a large frying pan or baking pan, the larger the better, stirring continuously so as to parch it even and prevent burning, until the grains are a coffee color all through, which may be known by breaking open a grain every little while after smoke begins to rise from it. The pan may be greased slightly to prevent burning if desired. When the proper color is reached, remove from the fire quickly, and when cool pound or grind it fine and mix with one pound of ground coffee and keep air-tight in glass preserving jars to prevent loss of flavor.

Ground coffee, unless packed air-tight, soon loses its fine aroma, but coffee in the whole bean improves with age, so, if preferred, the parched rye may be kept in separate air-tight jars without grinding and mixed and ground with whole coffee in proper proportions, at each making, which method will produce a much finer flavored beverage.

Use a heaping tablespoonful to each cup of water and make as you would any coffee by putting the required measure, allowing one extra tablespoonful for the pot, into the proper amount of rapidly boiling water; let it boil a minute or so, then set back on the slow heat to simmer a few minutes. Remove from the stove and pour a little cold water over the surface to clear it and let stand a minute or two until settled. Boil it longer if preferred stronger.

At first it is best to parch a small quantity of rye so as to learn the proper shade of brown which produces the richest flavor without a burned taste. This, as all other cooking, requires some practice to get the best results, but when properly prepared, and served without disclosing the fact that it is a substitute, it will readily pass as a good grade of coffee and has even been considered by some to be superior to the coffee used in its preparation.

It should be made in quantity sufficient for one or more weeks' use and the delicious, satisfying flavor, greatly reduced cost and benefit to health will more than pay for the slight trouble of preparing it. This process, like the butter process, is much easier to carry out than to describe. Large quantities of rye may be prepared in a regular coffee roaster, a peanut roaster, or by sending it to a coffee roasting firm with instructions as to color desired.

PRESERVING EGGS.

Recently in Germany, twenty methods of preserving eggs were tested, among which were: immersing in brine, or a solution of salicylic acid and glycerine; packing in bran; covering with paraffine; sterilizing by dipping in boiling water; varnishing with vaseline; immersing in limewater and packing in a solution of water glass. The eggs were kept for eight months and at the end of that time all those preserved by any of the last three methods were in good condition, but the solution of water glass was the only one which gave perfect results.

Solution of water glass may be purchased of drug houses. The preserving solution for eggs is made by dissolving 1 part of the syrup-thick water glass in 10 parts, by measure, of water. One gallon of water glass will make sufficient solution for 50 dozen eggs if properly packed. Place each egg on its pointed end and put something on top to prevent them from floating. Keep the vessel in a cool place and well covered. If the liquid evaporates at the end of a few months, add more

of the mixed solution, as the eggs must be entirely covered at all times. Fortunes are being made buying eggs when cheap and preserving them until the price reaches a high figure.

TEST FOR WATERED MILK.

Dip a clean, well polished steel knitting needle into the suspected milk and withdraw it immediately. If unwatered, some milk will adhere to the needle but if even a small amount of water has been added the needle will come out quite free of fluid.

LEMON EXTRACT AT HALF COST.

Cut up fine the rinds of three or four lemons; put in a jar and pour on a pint of grain alcohol. Let stand four or five days to extract the flavor, then strain into a bottle and add about 1 oz. of oil of lemon.

VINEGAR FROM FRUIT PARINGS.

The very best quality of delicious vinegar can be made from apple or other fruit parings by stewing them with water to extract the juice, and when cooled enough so that it is just warm to the hand, strain and add sufficient yeast cake previously dissolved in a little cold water. Allow it to stand in a moderately warm place until it has fermented and turned into vinegar, then keep in bottles or jugs in a cool place.

HOME-MADE BAKING POWDERS.

The following is the formula of a famous well known baking powder: Powdered tartaric acid, 1 oz.; bicarbonate of soda, 1½ oz.; cornstarch, 2 oz. Dry the tartaric acid and cornstarch with gentle heat and dry the bicarbonate of soda without heat. Mix thoroughly and sift ten times or more. Keep in air-tight receptacles. Use about one teaspoonful to each cup of flour.

A home recipe which has given very good satisfaction is as follows: Powdered cream of tartar, 1 lb.; powdered bicarbonate of soda, 10 oz.; powdered tartaric acid, 2 oz.; flour, 10 oz. Mix thoroughly and sieve ten times and seal up in glass fruit jars. Keep from moisture and moist air.

Two other recipes which are highly recommended: Cream of tartar, 2 lbs.; bicarbonate of soda, 1 lb.; cornstarch, $\frac{1}{2}$ lb. Mix, sift through fine sieve, set aside for a day in a dry place and repeat mixing and sifting each day until the powder ceases to be lumpy or caked, then seal up in preserve jars.

Another: Pure cream of tartar, 22 oz.; bicarbonate of soda, 10 oz.; tartaric acid, 1 oz.; wheat flour, 8 oz. Mix as above.

LIQUID LAUNDRY BLUE.

This blueing is excellent and very reliable. Powdered Prussian blue (best quality), 16 oz.; water, 1 gal. Mix.

SILVER AND GLASS POLISH.

This polish is the best known and costs very little. Obtain of a paint supply house one pound of crude lump chalk, which costs from five to ten cents a pound. Scrape a little fine. Moisten a soft cloth, cheese cloth is best, with clear water, dip it in the powder and rub it over the surface to be cleaned. Let it dry; then polish it off with a clean piece of cheese cloth. This gives a brilliant and permanent lustre impossible to obtain in any other manner. For silver, glass, nickel and white painted surfaces, it is far superior to whiting, prepared chalk, or any other preparation.

Just why crude chalk works better than whiting or prepared chalk is hard to explain, but a test will prove it. If the silver or glass is greasy, add a few drops of aqua ammonia to the water used for moistening the cloth.

ONCE-A-WEEK STOVE POLISH.

Finest pulverized black lead, 2 parts, bone black, 2 parts; copperas, 4 parts. Mix all together with sufficient water to form a creamy paste. Apply with a cloth or soft brush and polish.

SOAP ONE CENT A POUND.

Potash, 6 lbs.; lard, 4 lbs.; powdered rosin, 4 oz. Mix all together thoroughly in an earthenware vessel and set aside for four or five days, then put the whole into a cask containing 10 gallons of warm water and stir twice a day for ten days, when it will be ready for use. Add more lard and rosin in same proportions if it is too caustic.

INDELIBLE MARKING INK.

Acid, alkali and laundry-proof, for marking linens, etc. Stir a little of the finest lamp black into some genuine asphaltum turpentine varnish. Use with a steel pen or fine camel's-hair pencil.

BOTTLE SEALING WAX.

Melt together rosin, 1 lb.; shellac, 1 lb.; beeswax, 1 oz.; color with lamp black, 1 oz., or Venetian red, 3 oz., as desired.

EXTRA FRUIT CAN WAX.

Yellow wax, 1 oz.; American vermilion, 3 oz.; gum shellac, 5 oz.; rosin, 16 oz. Melt, mix and run into moulds.

LIBRARY PASTE.

Take a clean, empty tin can to any wall paper firm and buy five cents' worth of stiff wall paper paste. To each pint

of paste add one-half drachm of carbolic acid or one-half drachm of oil of cloves and mix it in thoroughly to prevent mould.

LESSON PAPER FOR SCHOOL CHILDREN.

This may be obtained at a very small cost by purchasing waste cuttings from bookbinding establishments. This paper comes in all sizes and qualities and is sold at a very low figure.

WRITING INK WITHOUT COST.

Most any business house will supply you with a discarded black, blue or purple COPYING typewriter ribbon. Record ribbons will not answer the purpose. Place it in a bottle and cover with rain water and shake well. The ink will dissolve out and can be poured off into a clean ink bottle.

TO EXTERMINATE HOUSE FLIES.

Flies are the greatest carriers of disease germs on earth. To clear a room of flies, heat a shovel or any similar article and drop thereon 20 drops of carbolic acid. The vapor kills the flies.

If there are many flies you can quickly clear the room by burning pyrethrum powder. This stupefies the flies, when they may be swept up and burned.

A cheap and reliable fly poison not dangerous to human life is a solution of 1 drachm of bichromate of potash to 2 ounces of water. Add a little sugar and put in shallow dishes and distribute them about the house.

The latest, cheapest and best fly killer is a solution of 1 spoonful of formalin or formaldehyde in a quarter of a pint of water which, if exposed in a room, will be sufficient to kill all of the flies.

INSECT AND VERMIN FLUID.

Mix kerosene oil and spirits of turpentine equal parts and apply to the cracks and crevices with a small paint brush. This is colorless and non-poisonous.

The following is good also and in some cases may be preferred as it has no odor, but caution should be used as it is a deadly poison. Mercuric bichloride, 1 oz.; ammonium chloride, 1 oz.; water, 1 gal.

HOUSEHOLD DISINFECTANTS AND DEODORIZERS.

An excellent household deodorizer and disinfectant is a solution of chloride of zinc which can be obtained at any drug-gist's, used in proportion of 1 pint to 4 gallons of water. It neutralizes bad odors and arrests animal and vegetable decomposition. It cleanses and purifies sinks, drains and toilets, etc., but this solution is poisonous.

Creolin-Pearson is one of the best disinfectants, deodorizers and germ destroyers. It is more effective than carbolic acid solutions, yet it is non-poisonous.

Cabot's sulpo-naphthol is a valuable preparation for household and medicinal use. It is antiseptic, disinfectant, germicide, insect exterminator, and purifier. It is also useful for all skin troubles, etc.

If a disinfectant and deodorizer in powdered form is desired the following is very good. Parke, Davis & Co.'s "Kreso," $\frac{1}{2}$ pint; bicarbonate of soda, 25 lbs. Mix together a little at a time by adding a small portion of "Kreso" to some of the soda, stirring thoroughly and so on until the whole quantity is combined, then stir the whole lot so as to distribute the "Kreso" evenly.

In many parts of Europe it is customary among the people to burn sugar in sick rooms, a practice which is considered by physicians as an innocent superstition, neither beneficial nor harmful. Professor Trilbert, of the Pasteur Institute at Paris, has, however, demonstrated recently that burning sugar

develops formic acetylene hydrogen, one of the most powerful antiseptic gases known. Five drams of sugar (77.16 grains) were burned under a glass bell holding ten quarts. After the vapor had cooled, bacilli of typhus, tuberculosis, cholera, small-pox, etc., were placed in the bell in open glass tubes, and within half an hour all the microbes were dead.

All of the above will purify the atmosphere, kill disease germs and drive away insects.

INCENSE USED BY THE ANCIENTS.

This is one of the three articles which the wise men took as offerings to the Saviour at the time of His birth as stated in the Bible. It is a delightful perfume which calms the nerves and soothes the air passages. Obtain a small quantity of gum olibanum (frankincense) of the druggist and ignite a lump of it on a tin dish, letting it burn until all is consumed.

SANITARY SWEEPING METHOD.

This is a great labor saver and health preserver. It carries all the sweepings before it, keeps the dust down and cleanses floors and carpets.

Dust is one of the greatest conveyors of disease and the tremendous danger from this source is little realized by the average person. Filth, excretions, and disease spores are carried from the street into the home where they become dry and pulverized and in this condition they remain, alive but inactive, like seeds, until planted, by inhalation or otherwise, in the human body, where they find proper conditions for germination and growth.

Nearly every disease is in this manner contagious and it is very difficult to trace an illness to this subtle cause.

Use the carpet sweeping compound given in the following article or crumple several single sheets of newspaper into a large ball and dip in warm water until thoroughly wet through.

Squeeze out surplus water so that it is damp but not too wet or dry; tear into pieces and spread it or the compound in a line along the edge of the carpet or floor at the side of the room where you are to begin sweeping. Sweep this line of paper or compound down to the other end of the room, always keeping some of the moist paper or compound in front of each stroke of the broom, and you will not have any dusting to do.

CARPET SWEEPING AND CLEANING COMPOUND.

This compound cleanses and purifies and collects all dust. Washing powder, 2 oz.; common salt, 32 oz.; cornmeal, 64 oz. Mix the powders well and then sprinkle over the mixture, working in well with the hands, just enough household ammonia to make it stick or "ball" together when a handful is squeezed. Keep it in a tight vessel to prevent ammonia from evaporating.

To use, sprinkle it over the carpet and sweep it up with a good stiff broom. If thoroughly done, it will make the carpet look almost like new. Any good washing powder will answer, such as Gold Dust, etc.

WATERPROOFING PROCESS FOR CLOTHING AND FABRICS.

Exhaustive tests made by the French War Department show that the following process is superior to rubber or any other known waterproofing for fabrics, as it leaves the cloth supple and porous.

M. Balland recommends a bath of 1 part solution of acetate of alumina (7 deg. B.) to 40 parts water. Soak the fabric in it twenty-four hours and dry in the air. The solution of acetate of alumina may be obtained of wholesale drug houses.

This recipe may be used in making waterproof outer wraps, since it leaves the cloth porous and makes it absolutely rain and moisture proof. Housekeepers will find many uses for materials so treated, for instance, kitchen and washday aprons

treated this way are a perfect protection for one's dress, and stay clean much longer, as will also children's rompers, wash-stand covers, splashers, and bath rugs which can also be waterproofed. If your umbrella cover is worn, a new one can be made from any kind of cloth if it is first dipped in this liquid. Perhaps its best use is for a cover to protect crib mattresses. For camping, a tent could be made at home, and if one goes boating much even one's dresses are better waterproofed.

CLOTHES CLEANING FLUID.

Cleaners' gasoline is a very high grade product, difficult to obtain in small quantities, and is not the same as that which is sold for ordinary purposes, which leaves a grease ring or spot as any one who has used it can testify.

Deodorized benzine sold at drug stores is the best substitute for cleaners' gasoline. Gasoline of any kind is very dangerous to use on account of its inflammability.

Coal tar benzole, which may be obtained at paint stores is more solvent and better than gasoline for most all cleaning purposes. Use the same as you would gasoline and then hang the article in the air, when the odor will soon disappear. Some of the larger paint supply houses sell deodorized benzole, which is superior to the ordinary kind.

CLEANING AND REMOVING STAINS.

A good cleaning fluid for silks and gloves is composed of deodorized gasoline, 1 quart; alcohol, chloroform and ether, of each $\frac{1}{2}$ oz.; add a few drops of oil of citronella or oil of wintergreen, just sufficient to disguise the odor. Caution, keep away from fire or lighted gas.

All table linen stains, fruit and even coffee stains when cream has been used in the coffee, may be removed by rubbing the spots with pure glycerine. Let it remain on a sufficient length of time then rinse out and repeat if necessary.

Plain coffee stains are removed with yolk of egg and warm water.

Sugar, syrup and candy stains are removed in cleaning establishments by using chloroform.

For red acid stains, use ammonia to neutralize the acid, then an application of chloroform restores the color, if the fabric has not been destroyed by the action of the acid.

Old paint stains from silk and wool: Saturate the spot with turpentine for two days, then with kerosene for two days, then wash in deodorized benzine.

Perspiration stains from white silks and satins: Apply peroxide of hydrogen very carefully with a soft cloth. Perspiration stains can sometimes be removed from white goods by rubbing with soap and laying the garment in the hot sun.

Ink stains from carpets: Wet thoroughly with kerosene; let it remain about one hour, then wash thoroughly with warm water and soap.

Indelible ink stains from linens: Use corrosive sublimate. (Caution—this is poison.)

Tar, pitch and rosin: Soften by applying lard or turpentine for a sufficient length of time, then wash out.

Wax or paraffine: Place between blotting paper and apply a hot iron, moving the blotting paper frequently.

Scorch spots from white goods: Wet a cloth with peroxide of hydrogen, wring it tight, lay it on the spot and iron carefully with a hot iron.

Renovating silks and velvets: Sponge black colors with alcohol; light colors with chloroform.

Restoring faded black wool clothing: Sponge with a weak solution of ammonia and water.

Cleansing delicate fabrics, silks, etc.: Add from two quarts to three gallons of boiling water to five cents' worth of powdered soap bark, according to the delicacy of the fabric to be washed; let it steep for half an hour, stirring well, then let settle thoroughly and strain off clear through a piece of thin, clean white flannel or several layers of cheese cloth. Use this solution

with a soft sponge or flannel dipped in it, being careful to remove all dust from the article before cleaning; then smooth out and hang in the air to dry.

A good general household cleaning fluid for all kinds of dirt, which is inexpensive and will not injure clothing, carpets or woodwork, is composed of aqua ammonia, 1 quart; powdered castile soap, 1 lb.; powdered saltpeter, 2 oz.; powdered borax, 1 oz.; rain water, 2 gal. Dissolve the soap in the rain water by gentle heat, then add the borax and saltpeter and stir until thoroughly dissolved. Let it cool and settle, skim off the foam, then add the ammonia and bottle.

Color-setting fluid for delicate fabrics is made of a solution of 1 tablespoon of ox-gall to 1 gallon of water. Soak delicate colors in this just prior to first washing, hang up to dry and then wash carefully and the colors will not run.

Color-setting fluid for delicate fabrics: Two tablespoonfuls of common salt to $\frac{1}{4}$ cup of vinegar to two gallons of water. Soak delicate colors in this prior to first washing, hang up to dry and then wash carefully and the color will not run.

A stronger solution of ox-gall serves as an excellent cleaning fluid for delicate fabrics.

To remove tea and coffee stains, immediately stretch the stained place over a bowl and pour boiling water through the stain.

To take out grass stains: Wash the stain in alcohol and rinse in clear water, if possible while the stain is fresh.

To remove rust stains: Saturate with lemon juice and cover with salt and lay in the sun. Repeat two or three times if necessary.

To remove mildew: Rub over the marks with the juice of a raw tomato, sprinkle with salt and lay in the sun. Repeat two or three times if necessary.

For blood stains: Saturate with kerosene oil and let stand a few minutes, then wash in cold water.

French cleaner's secret for kid gloves: Put the gloves on the hands and wash with spirits of turpentine, then remove

them, put them in shape and hang in a current of air until all odor has disappeared.

See also "Clothes Cleaning Fluid" in this section.

ICE SAVER.

The principal cause of the rapid melting of ice is the draught of warm air which strikes the top and sides of the cake. This action may be retarded by making a pad $\frac{1}{2}$ to $\frac{3}{4}$ of an inch thick of all wool material composed of several layers of old blankets or felts, sewed together.

This pad should be almost as large as the floor of the ice compartment of the refrigerator and should be waterproofed by saturating it with a solution of shaved paraffine dissolved in gasolene; then hang in the air to dry. Be careful of fire in using gasolene.

This pad is to be placed on top of the cake of ice in the refrigerator and will make it last very much longer.

FREEZING WITHOUT ICE.

This method does not compare with ice for convenience and economy but is valuable in cases of sickness or emergencies when ice cannot be obtained.

Prepare two powders as follows. First, 1 part by weight of powdered muriate of ammonia (sal ammoniac) thoroughly mixed with 2 parts by weight of nitrate of potash (saltpeter). The second is composed of only one ingredient, best Scotch soda (any other good soda will answer), crushed or ground. Keep separate in tightly corked glass receptacles. Provide two vessels, an inner one of metal and an outer one of wood; the outer one slightly larger than the other. Place the smaller inside of the larger and fill the space between with a solution composed of equal parts by measure of each powder and cold water or only sufficient water to melt them.

The inner vessel is the freezing chamber. Cover well to

secure best results. Mix the solution only at the instant it is to be used. An ice cream freezer may be used for this purpose by removing the dasher, but it requires considerable solution to fill the space between the can and the tub.

Other Freezing Mixtures. Equal parts of snow and sea salt sink the Fahrenheit thermometer to zero and is the standard taken for graduating that instrument.

Nitrate of ammonia, 1 part; carbonate of soda, 1 part; water, 1 part. Reduces temperature from 50 degrees above zero to 7 degrees below zero.

Snow or pounded ice, 12 parts; muriate of soda, 5 parts; nitrate of ammonia, 5 parts. Reduces temperature from any degree to 25 degrees below zero.

PLANT FOOD.

Mix nitrate of ammonia, 2 oz.; nitrate of potash, 1 oz.; sugar, $\frac{1}{2}$ oz.; hot rain water, $\frac{1}{2}$ pint. When dissolved, cool and keep in a bottle well corked. A few drops added to the water used on plants will produce luxuriant growth and blooms.

A spoonful of bonemeal worked well into the soil about the roots of growing plants every three months acts as a concentrated fertilizer and promotes the growth.

HELPFUL HINTS.

To make a cup of coffee almost as nourishing as a meal, first beat an egg in a cup, add a little cream, then the sugar, and lastly the coffee, which should be poured in gradually, beating constantly with a table fork.

Powdered chalk and water cleans white paint quickly.

Inner tissue membrane of an onion stops bleeding of cuts.

To prevent liquids from boiling over, grease upper inside of vessel with butter or drop a lump of butter the size of a bean on top.

Flannel cloth dipped in oatmeal cleans wall paper.

Dry clean hair brushes by rubbing them with flour, corn-meal or powdered clay. This prevents the bristles from falling out.

Clean toilet combs by brushing lengthways of the teeth with an old whisk broom kept for the purpose.

Lamp wicks can be prevented from smoking by soaking them in vinegar and drying thoroughly.

Wash lamp chimneys in vinegar water and they won't soot up so easily.

A cloth dipped in very hot water and wrung out and often renewed will remove discoloration from bruises.

Wash windows with clear water without soap and polish with crumpled newspaper.

Sweet milk polishes patent leather.

Fine ashes from a crevice in the stove moistened with water and rubbed on with a cork, is the quickest way to polish steel knives.

Kerosene oil on a cloth removes sooty scum from the outside of pots quicker and easier than scouring preparations.

A small amount of oil of wintergreen applied to the back of a porous plaster loosens it in a short time so that it may be removed without pain.

Chew a piece of orange or lemon peel before taking castor oil or other disagreeable medicine.

If a sprig of parsley dipped in vinegar is eaten after an onion, no unpleasant odor from the breath can be detected.

Ammonia water removes odor of onions and fish from the hands.

To preserve paint brushes, saturate with lard before laying away.

To clean bottles, fill with water hot or cold, put in a little cinders and ashes and shake vigorously.

Peel onions under water and your eyes won't water.

Dry paint can be cleaned from glass by softening it with strong ammonia or strong solution of lye applied with a cloth swab on a stick.

Mix mustard plasters with white of egg, or better still, lard, and they won't blister.

To stop a troublesome rooster from crowing, rub oil or grease on his head.

To mend a leak in rubber hose or metal pipe, see that the surface is perfectly clean and dry, then wrap it spirally, overlapping each turn one-half, with two or three layers of adhesive tire tape, letting the wrapping extend well beyond the leak in each direction.

Common cornstarch or lycopodium powder is better than talcum powder for chafing. Fuller's earth, powdered fine, is very healing also.

New wood may be stained any color desired by applying a hot solution of cotton dyes sold in packages at drug stores. Varnish when thoroughly dry.

To unscrew a tight cover, grasp it with a piece of sandpaper, sand side to the cover.

Blue, sky-blue and pale green colors are more becoming to blonde complexions. Red, orange and yellow colors for brunettes.

To prevent eyeglasses from falling off, rub a little powdered rosin or pink chalk on the sides of the bridge of the nose.

Gasolene will remove skunk odor from clothing. Strong vinegar will remove it from the coats of animals.

To purify water or milk, add a little lemon juice to it. Professor Koch, the great German chemist, stated that the citric acid in lemon juice would destroy all kinds of malignant germs, including cholera, in fifteen minutes.

To remove burned food from enameled and granite ware, put a solution of cooking soda and water in the utensil and allow it to boil several minutes. To remove the brown stains which remain, scour with a cloth and slightly moistened table salt. This works like magic. If a little vinegar is boiled in enameled utensils they will not burn so readily.

To tell which way the wind blows, moisten the forefinger in the mouth and hold it vertical, straight up overhead. The cool side will tell you.

To thread a sewing machine needle easily, place something white between the point of the needle and the foot of the machine.

Wash and shrink new stockings before wearing them the first time and they will last twice as long.

To bleach handkerchiefs which have become yellow:—Make a solution of pipe clay and warm water and soak them over night. Wash and boil them in the usual way and they will become beautifully white.

Add one-half teacupful of shaved paraffine and the ordinary amount of soap to a boilerful of scalding water for washing clothes and it will remove grease and dirt without hard rubbing. It cleans and whitens them at the same time and in addition it will keep the iron from sticking and impart a finish to fabrics impossible to secure with starch alone.

To peel an ordinary orange as easily as the “kid glove” variety, first scald it thoroughly.

Thin a pint of stiff paperhangers’ paste with a pint of cold water and stir it in a pail of fresh whitewash to prevent it from peeling off.

To tint lace any color, dissolve a little artists’ tube oil paint in a little gasoline and dip the lace in it, take it out, shake gently and dry in open air. Be careful of fire when using gasoline.

Barbers put the keenest edge on their scissors by carefully filing the cutting bevel with a fine cut, smooth flat file.

To make imitation ground glass, daub over the glass with a lump of putty lightly and evenly and let it dry on.

Remove the anthers of flowers to prevent pollination and it will prolong their life.

To revive wilted cut flowers, clip off the dead ends of the stems, stick them in very hot water for about five minutes and then put in a dark, cool place for about an hour.

Vaseline, petrolatum, or pure castor oil, valuable in the order named, are the best leather softeners and preservatives. Shoemakers use kerosene oil to soften leather hardened from the effects of water.

Storage firms use oil of cedar to prevent moths. Whole cloves protect clothing from moths better than camphor. Benzine rubbed on the edge of carpets will kill and prevent moths. Oil of pennyroyal on a sponge, in a dish, in a safe place will attract and kill moths and drive away ants and water bugs.

Oil of citronella drives away mosquitoes and is not poisonous or irritating to the skin.

To prevent white fabrics such as tulle or silk evening gowns, choice lace or crepe shawls, becoming yellow when packed away, sprinkle bits of white wax freely among the folds.

Wash a new flower pot clean, wrap it in a wet cloth, set it over butter in a place where a current of air can strike it and the butter will keep as hard as if on ice.

When the cake of toilet soap is worn nearly thin enough to break, adhere it to the new cake by first immersing both in quite warm water, then press firmly together. When cold it will be one solid cake. Do the same with laundry soap. This does away with small pieces of soap and there is no waste.

If brooms are soaked in boiling hot suds once a week, they will last twice as long and will not cut the carpet so much.

Baking soda is a valuable help to economy in housekeeping. It is one of the least expensive and most indispensable articles in kitchen use, saving, as it does, flour, sugar and fuel. It is also a great aid to cleanliness, in that respect saving soap. A smaller quantity of flour is needed when soda is used in preference to baking powder or yeast. Acid fruits such as cranberries, gooseberries, plums, prunellas and rhubarb, require almost an unlimited amount of sugar, much of which can be saved by stirring in, before sweetening, a little soda; as a general rule, a half teaspoonful to a quart of fruit. A little soda put into the water in which you boil your vegetables and tough meats will make them tender and sweet, besides hastening the cooking, and thereby saving fuel. In warm weather meat may be freshened by washing in cold soda water before cooking. If slightly tainted, this treatment will effectually cure it.

It is not only a saver of soap, but more cleanly—readily

removing grease from dishes, tinware and sinks. When added to dishwater no soap is needed, and you have no suds or greasy rim around the dishpan. Used in this way, it imparts that polish to the dishes so pleasing to dainty housekeepers. Baking soda dissolved in water is not only perfectly harmless, but delightful and cleansing to the most sensitive skin.

Poor flour—or even good flour—can be improved by using good soda. Either will be completely spoiled by using poor soda; and what little is saved through a whole year by buying cheap soda is then thrown away many times over. The only safe way is to buy what is known to be the best.

When sewing buttons on, if a narrow piece of tape is threaded through the button and a small hole pierced through the article, and the tape drawn through, and the ends of tape stitched down flat on the wrong side, the button will be found to last as long as the article.

To clean black chip hats, rubbing with sweet oil is an excellent way, but be careful not to use too much, and then rub with a piece of black velvet till all the oil is removed.

For a cure for squeaking boots and shoes, insert an awl carefully between the layers of leather in the sole and with the machine oil can, oil the sole through the little opening thus produced.

Kid gloves should never be mended with silk, as the silk cuts the kid, also showing the mend plainly. Cotton thread gives a much more satisfactory result.

To remove stains from polished wood, trays or tables, caused by heated dishes, a thin paste made from salad oil and salt is very good. Spread it over the marked place and leave for an hour or more; then rub off with a soft cloth.

SECTION III.

TOILET AND SELF-CULTURE.

“Among all the fine arts, one of the finest is that of painting the cheeks with health.”—Ruskin.

All worshipers before the shrine of ideal womanhood will be interested to know why actresses never grow old and how the Oriental women keep their complexions new and fresh like the bloom of youth, free from lines, enlarged pores, pimples, freckles, liver spots, sallowness or over-redness, etc. The treatments and formulas given in this section are secrets heretofore beyond the reach of the general public, and are not only harmless and wonderfully effective, but are easy and inexpensive to prepare at home.

Every woman desirous of preserving her youthful grace and beauty and enhancing her natural charms, which always means happiness and social success, should not fail to use these wonderful means to promote beauty.

A poor complexion may result from either local or systemic causes and if the external applications fail to bring about the desired results, it is safe to assume that the blood or liver is at fault. In such cases the reader is referred to the internal remedies given in this section and the section on “Medical Remedies,” as it would be folly to expect to cure skin affections, arising from the blood or liver, by external means alone, without inviting a return of the trouble in more serious form at some time in the future.

Beauty and health go hand in hand and the study of beauty must begin with the study of health. Soft skins, fair complexions, flowing locks and rounded forms are rarely ever possible with a weak and sickly body. Health is the only

true and lasting foundation upon which physical beauty can be built.

Beauty of mind and of the spirit are also essential, without which the other beauty is but a gilded tomb.

These rare and precious possessions can transform even a plain woman into a charming one, and make one who is beautiful brilliant with radiance and unapproachable in grace and fascination. This ethereal and elusive spirit beauty shines out of the visage and expression, giving that endless vivacity, that deep generous goodness which sparkles in the eyes and illuminates the whole countenance. It is the outward sign of the soul within us; a glorious heritage which can only be enhanced by each individual's life, actions and thoughts.

This is the only recipe which will bring back the freshness of innocence and the calm, clear light of trustfulness to the eyes of those who are dulled by the cloying pleasures of the senses or hardened and branded by the indelible stigma of evil. Let each life be so ordered that by deeds of love and generosity, beautiful and refined feelings, and by sentiments of kindness and gentleness, the soul will be purified and ennobled and again shine forth from its temple in youthful and magical splendor.

SARAH BERNHARDT'S SKIN TONIC.

Sarah Bernhardt, who is well known for her perennial youthfulness, attributes the seeming miracle entirely to a special skin tonic which she favors. This eau sedative is said to have the effect of making the flesh firm and elastic, while strengthening and whitening the skin and soothing the terrible "nerves" to which our twentieth century womanhood seems a ready prey. The recipe for the lotion is as follows:

Half a pint of alcohol, two ounces of spirits of camphor, two ounces of spirits of ammonia and five ounces of sea salt, to be added to sufficient boiling water to make a quart in all, when the mixture should be placed in a bottle and thoroughly

shaken before use. This lotion, which should be well rubbed into the skin daily, is said to be especially efficacious in taking the fatigue out of tired muscles.

LILLIAN RUSSELL'S TEN RULES FOR BEAUTY.

Lillian Russell says: "No girl is to blame if at sixteen she is not beautiful, but any woman is to blame if she is not beautiful before she reaches forty—beauty may sometimes be inherited; it can always be achieved."

The following are her ten rules for beauty:

1. Keep in the open as much as possible. Breathe deeply and regularly while walking.
2. Live on a diet of eggs, fruit, vegetables and milk as much as possible.
3. Take a warm bath daily and a sweat bath once a week.
4. Dress loosely and not too warmly; wear no heavy clothes or hats.
5. Go to bed early and get up early.
6. Sleep in a dark room with windows open and take from seven to eight hours' sleep.
7. Take one absolutely quiet day every two weeks, without reading, writing or visiting.
8. Avoid worrying. Talk or hear no scandal.
9. Marry and be the best friend it is possible for you to be to your husband.
10. Be temperate in all pleasures.

MADAME VESTRIS' COMPLEXION PASTE.

The following is the recipe for the paste by the use of which Madame Vestris, the celebrated English actress, is said to have preserved her beauty until very late in life; it is applied to the face on retiring for the night:

The white of four eggs boiled in rosewater, one-half ounce alum, one-half ounce oil of sweet almonds; beat the whole together till it assumes the consistency of a paste.

ANNA HELD'S MILK BATHS.

It was generally supposed that Anna Held took tub baths in several gallons of milk simply for advertising purposes, but such is not the case. Too much cannot be said of the benefits to be derived by the use of milk as a cosmetic. It feeds the skin and even the whole body, by skin absorption, if used externally in sufficient quantities.

Buttermilk, sour milk or lemon buttermilk made by stirring the juice of half a lemon into a cup of sweet milk slowly, drop by drop, are unequaled in the whole list of beauty preparations. Applied twice daily (prepare it fresh each time, don't keep it over), no other preparation is required to clear the skin of freckles, discolorations, etc., and give it a beautiful, soft, smooth texture.

A Substitute for Buttermilk. Lactic acid, 2 drops; glycerine, $\frac{1}{2}$ dr.; tincture of benzoin, 10 drops; rosewater, 1 oz. This has somewhat similar medicinal effect but is not equal to the milk preparations.

SEA SAND TREATMENT.

The European sea sand beauty and health treatment has produced some wonderful results in reviving and rebuilding health and producing soft, velvety skin.

This treatment is extremely simple. It consists of heating about one-half a bushel of sea shore sand quite hot and massaging the whole body vigorously with this sand for fifteen or twenty minutes daily. This stimulates the blood supply to the skin and all functions of the body; removes excretions and dead scarf skin and does not deplete vital force as does bathing with water. The beneficial results are out of all proportion to its seeming simplicity.

ORIENTAL WRINKLE REMEDY.

Upon retiring, wash the skin thoroughly in warm water and cornmeal, using only the smallest quantity of the best imported castile soap, if any. Dry thoroughly with a soft cloth and massage parallel to and lengthwise of the wrinkles, not crosswise, for ten or fifteen minutes, with tips of fingers dipped in sweet almond oil.

Some beauty specialists prefer the plaster treatment to any other method. The plasters may be either a good quality of court plaster or any simple sticking plaster which adheres firmly. Wash the skin thoroughly in warm water and cornmeal without soap and massage gently lengthwise of the wrinkle for a minute or two, and when perfectly dry and free from oiliness, spread the skin so that the wrinkle is taken out as much as possible and perfectly flat, then, holding it so, apply a piece of the plaster cut considerably larger than the wrinkle. This must be so applied that the wrinkle is held open, allowing the flesh to fill it in during the night. Repeat several times.

An excellent formula for a wrinkle plaster is as follows: Yellow dextrine, 4 oz.; powdered alum, 1 dr.; water enough to make a paste as thick as good glue. Give thin muslin or linen two coats, letting the first coat dry before applying the second. This is the thin plaster for small wrinkles. The thick plaster for large wrinkles is made of heavier grade of muslin or linen and three or four coats of the paste, letting each coat dry before applying the next.

When thoroughly dry, cut off a strip of plaster one-quarter of an inch wide and not over one inch long, using two or more plasters for long wrinkles. Slightly moisten the adhesive side of the plaster with water to make it stick. Clean the skin and apply as above directed, placing it so that the wrinkle will be exactly in the center of plaster and be sure to press the plaster down firmly into the fold of the wrinkle and hold it in place with a cloth or handkerchief until it dries. If applied properly, this plaster will remove almost any wrinkle in one night.

The following formulas also are used to remove wrinkles:

First. Sulphate of alumina, 1 sc. 16 gr.; pure water, $\frac{1}{2}$ pint; mix, and bathe the face three times a day.

Second. Fresh butter, 2 dr.; essence of turpentine, 2 dr.; mastic, 1 dr.

ORIENTAL EYEBROW AND EYELASH GROWER.

This is recommended by one of the highest authorities on such matters. It thickens them and makes them grow longer and is the method used in Oriental countries.

Warm some sweet almond oil slightly to thicken it, so that it will not run into the eyes when applying to the lashes. Apply it carefully with a fine camel's-hair pencil to the roots of each hair. Rub it into the eyebrows well with finger tips.

In many Oriental countries sesame oil is considered unexcelled for thickening the eyebrows.

Where the eyebrows are lighter than the hair, a little melted cocoa butter and almond oil will darken them and promote the growth.

BALM OF YOUTH.

This is an unexcelled beautifier, in some instances transforming the roughest, hardest and most wrinkled skin into the soft, smooth, pinky skin of youth.

Phosphoric acid glacial, $1\frac{1}{4}$ oz.; lactic acid U. S. P., $\frac{1}{2}$ dr.; thymol, $2\frac{1}{2}$ gr.; comp. floral otto, 1 dr.; distilled water to make 8 oz. Mix the acids and add the thymol dissolved in the otto, and let it stand twelve hours after shaking thoroughly. Then add $\frac{1}{4}$ oz. fuller's earth and 6 oz. of distilled water. Let this stand a week or longer, shaking it frequently and thoroughly, then filter and pass enough distilled water through the filter to make the total volume 8 oz. ,

Directions: Add 30 drops to a wineglass of water and apply to face and arms with a small sponge or rag, and rub it with the fingers until it is absorbed. Rubbed on temples and forehead,

it is excellent for headache. About 30 drops added to a basin of water makes a bath that imparts a most delightful sensation of freshness and vigor.

The comp. floral otto mentioned above is made as follows: Oil bergamot, 22 minims; oil lemon, 22 minims; oil orange, 22 minims; oil rosemary, 12 minims; oil neroli, 12 minims. Mix. Keep in a cool, dark place.

COSMETIC ELIXIR.

Once, every one or two months, not oftener, take a teaspoonful of powdered willow charcoal in a teacupful of warm milk before retiring and in the morning take a thorough physic, not a mild one, using whatever physic agrees with you best for the purpose. This acts through the blood and produces astonishing results, giving a complexion like a lily.

VELVET COMPLEXION LOTION.

Clears the skin of pimples, blotches and freckles and removes roughness.

Pure glycerine, 1 oz.; rosewater, 1 oz.; tincture of benzoin, 1 teaspoonful. Mix by shaking well. Glycerine does not agree with some complexions and for that reason a number of preparations are given below, all of which are safe to use, and effective in a large percentage of cases where they have been given a fair trial.

Honey is a splendid cosmetic. It prevents chapping and roughness. Rub a little into the skin until it disappears.

A safe and excellent cosmetic is made of an infusion of a tablespoonful of fresh grated horseradish in a cup of cold milk applied at bed time and well rubbed in. Horseradish contains a large proportion of vegetable sulphur which is specially beneficial to the skin. Mix it fresh each time.

Remember that cheerfulness is one of the greatest promoters of health and beauty.

FACE WASH.

Wash the face in quite hot water, using common table salt instead of soap, then rinse in cold water and dry; the face will feel like ivory. The salt not only whitens the skin but it also renders the flesh firm and solid. As a cosmetic take a teaspoonful of salt and add to it two teaspoonfuls of sweet milk. Apply it to the face, leaving it overnight. The effect is magical. Men employed in salt mines are noted for their clear skins and pink and white complexions. No matter what beautifier may be used, the face must be thoroughly cleansed of the dirt and the grime it gathers through the day, and sometimes cold cream is better for this purpose than water.

CUCUMBER COSMETICS.

Cucumber preparations are astringent and cooling and specially beneficial to oily complexions. They refine and whiten the skin and contract large pores.

Cucumber Pomade. Official French formula: Cucumber juice, 1200 parts, made by chopping cucumbers fine, squeezing out the juice and bringing it to a boil to coagulate the solid part, which is then strained off; lard, 1000 parts, veal suet, 600 parts; balsam of tolu, dissolved in spirit, 2 parts; rosewater, 10 parts. Melt the lard and suet in a bowl standing in a saucepan of boiling water, and beat in, a little at a time, the cucumber juice and rosewater, both previously warmed, then take off the stove, beating continuously while cooling, and when half cooled add the balsam of tolu and continue beating until cold.

Cucumber Ointment. Soak 3 oz. of chopped and pounded cucumber in 1 oz. of spirit; allow this to stand for at least a day; squeeze out the spirit and then add this cucumber spirit to 15 parts of lard, 10 parts of spermacetti, and 1 part of white wax which have been previously melted and mixed in a water bath, and beat until cold.

Cucumber Lotion. Into a $\frac{1}{2}$ pint bottle put $1\frac{1}{2}$ oz. of cucumber juice, then half fill the bottle with elder flower water

and add 1 oz. of eau de cologne and shake well. Next add $\frac{1}{2}$ oz. of simple tincture of benzoin; shake slightly and fill the bottle to the top with elder flower water. Apply with soft cloth night and morning.

Cucumber juice for this formula is prepared as follows: Use the fine green cucumbers and chop two good sized ones very fine, then pound to a paste and extract the juice by squeezing through a jelly bag.

A simple method of obtaining the medicinal action of cucumbers, when in season, is to cut off each end of a fresh cucumber and rub each piece around on the cut part until a white foamy substance exudes, then rub this end piece over the face and hands and let it dry on.

SUPERIOR SKIN LOTION.

Take 4 parts glycerine, 5 parts yolk of egg and 1 part lemon juice. Mix thoroughly and rub on after washing the skin.

QUINCE SEED COSMETIC.

Quince seed preparations enjoy an extensive vogue in European countries, replacing cucumber, rose and other creams, for whitening the hands and face, softening the skin and correcting excessive redness, cracked skin, etc. They are not sticky like other mucilages or greasy like ointments, but have the disadvantage of not keeping for more than one month.

Quince Lotion. Boil one drachm of quince seed in one-half pint of water for ten minutes, strain and bottle. Make it fresh as often as necessary. It may be used in place of soap and water, wiping off all excess and allowing it to dry, or a little may be smeared on after washing.

HAND LOTION.

As a means of whitening the hands, a little weak peroxide of hydrogen rubbed over them with a sponge will be found very

effective. This should not be done more than once a week or ten days, and all rings should be removed before it is applied, as the peroxide not only discolors the gold but the gems as well.

HEALING OINTMENT.

Excellent for chapped skin. Melt together equal weights of unsalted butter, fresh mutton tallow, beeswax and stoned raisins. Simmer until raisins are crisp but not burned. Stir well, strain and pour into cups or ointment jars.

A very healing and soothing protection for chapped skin is made of paraffine, 1 oz.; paraffine oil, 3 oz. Melt and mix.

PEACH BLOW SKIN BEAUTIFIER.

Dissolve 4 parts by weight of powdered borax in 8 parts of pure glycerine and with this solution saturate 30 parts of white sand in the finest powder. To this add 80 parts of almond meal and perfume with a few drops of oil of bitter almonds.

NATURE'S SOAP.

Best cosmetic known for the hands. Keep a fresh lemon peel handy in the kitchen and rub the pulp side on the hands to remove stains of all kinds and roughness. This is a really wonderful cleanser and leaves the skin soft and white.

The writer knows of one housekeeper who used nothing but this as a cosmetic for twenty years, and with all the usual skin-staining, reddening and roughening effect of household duties, her hands showed no signs of hard work and were as soft and smooth and natural colored as if she had been a lady of leisure all her life.

SKIN-FOOD COMPLEXION SOAP.

An inexpensive and valuable cleansing preparation. Cut fine a sufficient amount of white castile soap and add water to cover it. Boil until dissolved to the consistency of cream. If

too thin, add more soap; if too thick, add a little water. For each ordinary size cake of soap used, add to the soap solution boracic acid, 1 teaspoon; tincture of benzoin, $\frac{1}{2}$ teaspoon; lac sulphur, $\frac{1}{4}$ teaspoon; and stir it thoroughly. Then stir in enough cornmeal to make a thin paste and pour into shallow pan $\frac{3}{4}$ -inch deep and stir until it begins to set, and when almost cold score it into convenient size cakes. When cold break into cakes and place where the air can dry them. It is better after it has been dried out two or three days.

Even scouring the face and hands with good pure soap suds and a couple of tablespoonfuls of cornmeal will work wonders in cleansing, softening and beautifying the skin.

PETROLEUM CURE FOR BALDNESS, THIN OR FALLING HAIR.

Go bareheaded as much as you can, wear a white hat with ventilation holes in the crown. Use crude petroleum lavishly on the head and massage the scalp for ten minutes, then wipe the head well with a cotton-flannel cloth and so keep the treatment up every day. At the end of ten days no hair will fall out and in three months you will have a head of hair as smooth as beaver fur.

BOXWOOD CURE FOR BALDNESS.

It is said that this preparation will cause hair to grow on bald heads if the roots are alive. Make a strong decoction of boxwood, the kind which grows in the garden hedge, and add just enough alcohol to keep it. Rub into roots well and let it dry in.

THIN AND FALLING HAIR.

The scalp worm, a minute parasite, is the most prolific cause of thin or falling hair. It lodges down close to the roots of the hairs and feeds on them until the hair falls out. Another cause is washing the hair too frequently as is also the use of tight hat bands, unventilated hats and strong shampoo soaps or liquids.

If the scalp worm is to blame, rubbing the pulp side of a fresh lemon peel over the scalp once or twice a day will soon put an end to the trouble. The other causes explain their respective cures.

DRY SHAMPOO.

A dry cornmeal shampoo is a splendid way to cleanse the hair without injury. Rub it in well by the handful and brush out thoroughly.

The following is the compound formula: One pound white pearl cornmeal; 6 oz. powdered orris; 1 oz. fine table salt; 1 oz. of fuller's earth. Mix well by sifting. To use: Sift carefully over the hair and scalp, parting the hair to let it reach the skin, rub in well with the fingers and brush, and after an hour or so brush out clean. You will be delighted with the result.

EGG SHAMPOO.

It should be made fresh each time. In a pint bottle put 1 raw egg, $\frac{1}{4}$ oz. of glycerite of borax and 1 tablespoonful of water and shake all together thoroughly.

MEXICAN YUCCA ROOT HAIR INVIGORATOR.

A solution of powdered yucca (amole) root, "nature's vegetable soap," in water, has long been in use by the Mexicans and Indians for washing the hair and delicate fabrics and is largely responsible for the beautiful hair which these primitive people are noted for. It shampoos, reduces dandruff, beautifies and promotes a new and vigorous growth of hair and is highly recommended by beauty experts.

SOAP BARK DANDRUFF CURE.

Shampoos and produces beautiful growth of hair. Powdered soap bark (quillaja), 1 part; alcohol, 4 parts. Add sufficient

essence of bergamot to give a pleasant but not strong odor. Apply as required but not oftener than once a week. Powdered soap bark, used in place of soap, with water makes an excellent shampoo and skin cleanser and corrects bad odors. The powder snuffed up the nose is said to be a permanent cure for chronic catarrh and is useful for washing delicate fabrics.

OIL OF EUCALYPTUS.

Australian oil of eucalyptus (other kinds are useless) is a remarkable remedy for the scalp and skin.

For the scalp, first wash with antiseptic soap; rinse and dry thoroughly; then apply one-half of a teaspoonful of eucalyptus oil, drop by drop, to the scalp with glass medicine dropper, and rub it in gently. Promotes growth of hair. Use for ten days out of thirty.

To remove dandruff, rub well-beaten yolk of egg into the scalp for five minutes, rinse and dry thoroughly; then use 20 drops of oil of eucalyptus applied with medicine dropper.

In baths, use one teaspoonful of oil of eucalyptus to the tubful of water. Excellent for children. Gives a clear, soft skin.

SAGE HAIR TONIC.

This formula has sold for large sums of money and will prevent gray hair in most cases.

Boil 1 cup of dried sage in 1 quart of water for twenty minutes. Strain, cool and put into a quart bottle. Then add one teaspoonful of pulverized borax and shake well. Keep in a cool place. Brush the hair thoroughly and rub in the tonic, then dry it in before the fire.

SAGE TONIC FOR DRY HAIR.

One oz. sage and steep it in pint boiling water for ten minutes; strain and add 2 oz. glycerine, $\frac{1}{2}$ oz. powdered borax, $\frac{1}{4}$ oz.

of lac sulphur, $\frac{1}{4}$ oz. tincture of cantharides, bergamot sufficient to perfume. Apply twice a week with the hand and rub thoroughly in.

EXCELLENT HAIR TONIC.

Castor oil, 1 gal.; alcohol, 95 per cent, $1\frac{1}{2}$ gal.; tincture cantharides, 3 oz.; tincture orris root, 3 oz.; tincture benzoin, $1\frac{1}{2}$ oz.; oil sandalwood, 10 drops; oil bergamot, $4\frac{1}{2}$ oz.; oil verbena, $1\frac{1}{2}$ dr.; oil cloves, 40 drops; oil bitter almonds, 20 drops. Smaller quantities may be made with same proportions of ingredients. Dissolve all oils in alcohol, then add other ingredients. Agitate and mix freely. Apply sparingly with glass medicine dropper and rub gently.

TONIC FOR DRY HAIR.

Castor oil, $\frac{1}{2}$ pint; alcohol, $\frac{1}{2}$ pint; tincture cantharides, $\frac{1}{2}$ oz.; oil bergamot, 2 dr. Apply with tips of fingers and gently rub into scalp with a circular motion. Hair tonics should not be used continuously.

Goose grease rubbed into the roots of the hair with finger tips has great virtue. It is better than bear's grease or any other kind of grease or oil for the hair.

GENUINE INDIAN REMEDY FOR GREY HAIR.

Make a strong tea of the roots of the grape vine and wash the hair with it two or three times a month. Gather a good supply of the roots to keep on hand and make a small quantity of the tea fresh each time it is used; don't keep it over.

GENUINE GYPSY HAIR DYE.

This dye costs practically nothing and is absolutely harmless. Gather 1 lb. of hickory nut hulls (known in certain parts of America and Europe as walnut hulls) at the end of summer, when the nuts are ready for picking. Chop them fine and pound

to a pulp. Stew them in water, strain and evaporate the liquor on the back of the stove until a deep black color is obtained. It may be used at once, or to keep it add a little alcohol and a few bruised cloves, then set aside with occasional agitation for a week or two, pour off and keep in a cool place. This is the celebrated hair dye of the venerable Paulus Aegineta.

The leaves of the tree may be used when the hulls are not procurable but much more is required to produce the same quantity of dye. Before using, test the dye on a small bunch of combings to see if the color is deep enough and of proper shade.

SUPERFLUOUS HAIR REMOVER.

The electric needle applied by a specialist is a safe and effective means of removing superfluous hair, but those who cannot afford this rather expensive treatment will find the following application quite satisfactory:

To one pint of medicinal peroxide hydrogen add 1 teaspoonful of concentrated aqua ammonia. Wet the hair to be removed thoroughly with this solution about once a week. The peroxide will bleach the hair and render it less conspicuous and the ammonia will gradually kill the roots.

Lillian Russell recommends a solution of peroxide of hydrogen, 2 parts, to aqua ammonia, 1 part. This is quite strong and if it irritates the skin too much apply cold cream afterwards.

In some cases it is advisable to pull out the hairs, after which a very weak solution of aqua ammonia and water should be applied to the roots every day or so. Repeat the treatment several times and it will do the work if faithfully continued.

A depilatory recommended by Cora Brown Potter, the English actress, is as follows: Barium sulphide (get the genuine, not the cheaper sulphide of lime which is often substituted), starch and zinc oxide, equal parts, made into a paste with water. Paint on the hairs with a brush and let it remain on five or ten minutes or until the skin tingles or smarts, then shave off with the back of a knife and wash thoroughly. If the skin is tender

or if this is too strong, the amount of the barium sulphide may be reduced.

CAUTION: All hair removing preparations are dangerous if the skin is tender or sensitive and should never be used excepting under the direction of a physician.

CERTAIN CURE FOR PIMPLES AND ERUPTIONS.

Wash thoroughly and apply powdered burnt alum either dry or made into a paste with water. This is a powerful astringent, antiseptic healer. It will smart a little when first applied but will soon cease.

Tincture of myrrh applied without dilution is another good remedy for certain forms of chronic eruptions, as is also peroxide of hydrogen.

The sulphur bath cures nearly every description of skin disease, including some forms of leprosy. Eczema is cured by one or two applications and it is a specific for scurf on the face, head or body; scrofulous eruptions and pimples. The sulphur fume bath is taken by exposing the whole body or the affected local part to the fumes of burning sulphur for a short period by means of a bath cabinet or substitute arrangement of sheets. Next to the fume bath in effectiveness is the sulphur water bath prepared by dissolving 1 oz. sulphuret of potassium in 8 gal. of water, which makes it about the strength of 1 part sulphuret of potassium to 1000 parts of water. The sulphur baths are powerful curative measures and must be used with discretion.

For local applications, an ointment composed of $\frac{1}{2}$ dr. of sulphuret of potassium to 1 oz. of lard; a wash made of $\frac{1}{2}$ dr. of sulphuret of potassium to 1 fluid oz. of water; or a lotion containing 1 dr. of sulphuret of potassium dissolved in 8 oz. of water and thoroughly mixed with 2 dr. of soft soap, may be used more conveniently than the baths. The lotion is the mildest application of the three, leaving very little odor and does not soil linen.

An ointment for chronic herpetic eruptions and skin diseases with yellowish oozing discharges, is made of 1 part by weight

of finest pulverized black lead, to three or four parts lard. Tincture of myrrh is also good for these forms of skin affections.

Chronic acne rosacea may be cured by applying a small quantity of a mixture of equal parts of oil of cajaput and olive oil three times daily.

For all skin troubles, eat plenty of greens, such as dandelion, spinach, beet tops, cabbage, cauliflower, celery, lettuce, etc., and avoid too much salt, fat or starchy foods. The coarser milling products, such as entire wheat, bran, and graham breads; shredded wheat, flaked wheat, etc., contain a large percentage of sulphur and silica needed for the health of the skin and hair. White flour products are very injurious in these affections. Keep the bowels open and regular by the occasional use of fresh, fluid citrate of magnesia.

Homeopathic tablet triturates of sulphur, 6x; kali sulphuricum, 6x; silica, 12x; calcarea fluorica, 12x; calcarea sulphuricum, 6x; and carbo. veget., 3x; taken internally, furnish the required natural elements of healthy skin and hair, and are slow acting but wonderfully effective remedies for all skin troubles.

UNNATURAL REDNESS OF THE SKIN.

This unsightly blemish is a congestion of blood caused by local inflammation or chronic disorder of some internal organ. Red nose and chin are usually an indication of chronic indigestion or bowel trouble when not caused by an injury. Red patches on the cheeks may be caused by inflammation of the lungs, especially if attended by fever. If the redness is of local origin, Phillips' milk of magnesia or spirits of camphor applied liberally at bedtime and allowed to remain on all night will usually remedy the difficulty. Otherwise a regular course of medical treatment may be necessary to put the system in proper condition. See also "Chronic Acne Rosacea" in preceding article.

WARTS, MOLES AND BLACKHEADS.

Remedy for Warts. Dip a wooden toothpick or broomstraw into muriatic acid and rub the drop that adheres to it over the top of the wart and allow it to dry on. Repeat this morning and evening for a few days. In a week or so if the warts are still there repeat for a few days. It hurts no more than a drop of water and it has never failed in fifty years to effect a perfect cure, leaving no scar and causing no pain or inconvenience. No remedy could be easier to apply or more satisfactory in its results. It must not be put on the healthy skin around the wart, nor into the crevices of the wart if split open, as it will smart if so used. Keep the acid away from children, as it is poisonous.

Moles. Moles can be removed with a sun-glass. Seat the patient in a chair in a clear, strong sunlight and bring the concentrated rays of the sun-glass to bear on the mole for a minute or two, or less if a burning sensation is felt. If burned so as to cause pain, dress it with vaseline or some healing ointment. In a short time the mole will scale off and new skin form. Repeat if not successful the first time.

Dr. William Thompson's Formula for Blackheads. Take precipitated sulphur, 1 dr.; green soap, 1 dr.; precipitated chalk, 1½ dr.; zinc ointment, 1 oz. Mix together thoroughly. Keep the skin well covered with this ointment during the night and most of the blackheads may be washed out in the morning.

Powdered borax well rubbed in before washing will facilitate the removal of blackheads.

Blackheads are an indication of debilitated and relaxed skin and are best cured by building up the general health.

FRECKLES AND TAN.

A daily application of a weak solution of medicinal peroxide of hydrogen will bleach freckles. Be careful not to get it near the hair as it will bleach hair also. The following formulas are highly recommended for freckles:

Ox-gall, 6 oz.; camphor, $1\frac{1}{2}$ sc.; burnt alum, $1\frac{1}{2}$ sc.; borax, 1 dr.; rock salt, 2 oz.; rock candy, 2 oz.

Take grated horseradish and put in very sour milk; let it stand four hours, then wash the face night and morning.

Rectified spirits, 1 oz., or brandy, $1\frac{1}{2}$ oz.; water, 8 oz.; orange-flower water, $\frac{1}{2}$ oz., or rosewater, 1 oz.; dilute muriatic acid, 1 teaspoonful. Mix thoroughly and apply two or three times a day to the freckles with a camel's hair brush after washing.

Lemon juice, 1 oz.; powdered borax, $\frac{1}{4}$ dr.; sugar, $\frac{1}{2}$ dr. Mix and let stand in a glass bottle for a few days, then rub on the face and hands night and morning.

Tan is removed with a mixture of glycerine and lemon juice, equal parts.

A bad liver causes yellow skin and this must be remedied before a permanent cure can be expected.

GALEN'S CERATE.

The original complexion cream as compounded by the celebrated Roman physician, Claudius Galen. It is an excellent ointment for cleansing and keeping the skin soft.

Melt $\frac{1}{2}$ oz. of white wax with 2 oz. of sweet almond oil in a small pan standing in an outer vessel of boiling water. When thoroughly fluid, add slowly, little by little, beating smartly all the while with a table fork, from $1\frac{3}{4}$ to 2 oz. of rosewater previously warmed. Continue beating until entirely cold and then put into ointment jars. The more rosewater it contains the more cooling it will be. Some prefer $\frac{1}{4}$ oz. of spermacetti and $\frac{1}{4}$ oz. of white wax substituted for the $\frac{1}{2}$ oz. of white wax in the above formula.

Another formula for cold cream which contains borax, is as follows: Oil of sweet almonds, 3 oz.; white wax, $1\frac{1}{4}$ oz.; spermacetti, 1 oz.; powdered borax, 20 gr.; water $3\frac{1}{4}$ oz.; otto of rose, 7 drops. Melt over a sand bath, or in a vessel standing in an outer vessel containing water, the three first named ingredients. Dissolve the borax in the water and add slowly, stirring

meanwhile. Remove from the fire and beat with a wooden or bone spatula, as you would beat eggs, for a half hour, or until it is cold; then add the otto.

THEATRICAL MAKE-UP CREAM.

Cora Brown Potter, the famous English actress, recommends a make-up cream containing olive oil in place of almond oil as olive oil will absorb more water and is therefore more cooling, but almond oil gives a whiter cream.

Her recipe is as follows:

Melt $\frac{1}{2}$ oz. of white wax in a saucepan, then add slowly $\frac{1}{2}$ pint of olive oil, stirring all the while, next stir in about 1 oz. of rosewater. Then remove the saucepan from the fire and continue stirring and beating it until cold and solid. If too thick in winter it can be remelted and more oil added and in summer it may be necessary to add more wax.

ALMOND COMPLEXION CREAM.

Spermacetti, $\frac{1}{2}$ oz.; white wax, $\frac{1}{2}$ oz.; sweet almond oil, $2\frac{1}{2}$ fluid oz.; water, 6 fluid dr.; borax, 15 gr.; oil of bitter almonds, 2 drops. Melt the wax and spermacetti at a moderate heat, add the oil, place the mixture in a warmed deep dish, carefully add the water, in which the borax has previously been dissolved. Mix continuously with an egg beater, until the mixture is soft, smooth and creamy. To be applied to the hands and face after a warm water or steam bath, just before retiring at night.

NON-GREASY FACE CREAM.

Corn flour, $1\frac{1}{2}$ dr.; water, 10 oz.; glycerine, 5 dr. With a little water make the flour into a paste; slowly stir in the rest to prevent lumping. Bring to a boil and when cool add the glycerine.

GREASELESS MASSAGE CREAM.

This cream is used extensively in England. Tragacanth, 15 gr.; glycerine, 2 dr.; elder or orange-flower water, 1 oz. Rub gently into the skin, taking care to go parallel to any lines or wrinkles, using the finger tips for the face and the palm of the hand for other parts of the body.

BUST DEVELOPER AND SKIN FOOD.

Buy of your druggist the best quality cocoa butter. Melt and pour into jars, adding a little perfume while melted. Use like any ordinary cream. This is a toilet cream, massage cream, bust developer, and skin food combined. Used by the leading beauty specialists of the country, to which much of their success is due.

DR. VAUCAIRE'S REMEDY.

Galega was used for many years in France by physicians for increasing the size of the breast and stimulating a flow of milk, where there was a marked deficiency in the case of a young mother. Dr. Vaucaire, a physician of high standing, discovered by experimenting that a tonic which he calls "Dr. Vaucaire's Remedy for Flabby Breasts" will increase the growth and make the breasts firm and round. Unfortunately, in this country it has been very difficult to get the true extract of the plant. The Vaucaire remedy is a general tonic, but apparently only has the local effect of noticeably increasing the size of the bust.

It is impossible to tell how long it will take in each case, as individuals differ so much as to the effect of medicine. In some cases the remedy has been noticeably effective at the end of a fortnight; in others the patient has taken it three months without results, and later has had most remarkable success.

The formula is as follows:

Imported French liquid extract galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams;

simple syrup, 400 grams. Dose, two soup-
spoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

This formula may be filled at any first-class large drug store, but the smaller establishments seldom keep the true French extract of galega.

When taking this preparation, which is really a tonic, it is necessary to avoid becoming bilious. Any old-fashioned remedy will prevent this trouble. Deep breathing exercises, a good brace to hold the shoulders back, and a skin food (olive oil, cocoa butter or any flesh-building cream), rubbed on the breasts at night will assist and hasten the development.

Do not use vinegar or acid foods or drinks as these will counteract the work of the remedy.

Hold the chest high; drink freely and often of pure cold water; sleep as much as possible; keep your nerves calm; every morning bathe the breasts with cool water, rubbing gently but briskly afterward with a coarse Turkish towel.

ANTI-FAT REMEDY.

Homeopathic phytolacca berry tablets, or a preparation known as "Phytoline," which is the expressed juice of poke berries, are safe and reliable fat reducers.

In addition to these, drink nothing but sassafras-bark tea, made by boiling slowly 1 oz. of bark in 1 quart of water for half an hour. Keep it covered and in a cool place, heating it for use if desired.

Bathing in a strong solution of epsom salts or rock salt will assist considerably, and let meals be composed of a large percentage of greens, even as great as three or four times as many green vegetables as the total cereals, breads, sweets, starches or fat foods. This will reduce flesh to normal in a very short time and greatly improve the general health.

An exclusive diet of skimmed milk, with vichy taken between meals when thirsty, is recommended by Lillian Russell as a

quick method of reducing flesh. She recommends also the following exercise:

Lie out straight on a rug or even the bare floor and roll over and over across the room ten times or more.

HOW TO TAKE ON FLESH.

Relax the body as often as you think of it. Refuse to worry. Drink plenty of water between meals. Eat whatever you crave and as great a variety as possible. Sleep as much as you can. Keep the mind tranquil. Study and exercise only moderately. Take six well-beaten raw eggs a day; massage the whole body with olive oil or any pure skin food at night, and drink a tumblerful of fermented milk after each meal and before retiring. Fermented milk is made as follows:

Heat 2 quarts of fresh sweet milk, unskimmed, to a temperature of 100 degrees F.—not beyond; add 4 tablespoons of sugar and a small yeast cake previously liquefied with the smallest amount of cold water. When cool enough, pour into thoroughly clean bottles to within two inches of the top, to allow for fermentation. Cork tightly, tie the corks and let the bottles stand in a warm place for twelve hours. Then put them on ice or in a cool place and when cold it is ready for use. Keep them on ice.

Sanatogen, a proprietary preparation for sale at drug stores, is a very efficient food tonic to build up the body when loss of flesh is caused by worry, study or nervousness.

TO REDUCE DOUBLE CHINS.

Rub in well each night a strong warm solution of epsom salts or brown rock salt such as is sold at feed stores. Cloths saturated in these hot solutions and applied frequently, renewing as often as they become cool, will assist the action.

Spirits of camphor applied freely at night is effective in some cases. Remember that nature works gradually.

Sheet rubber bandages made for the purpose and sold by beauty specialists have proved successful in many cases which have resisted all other treatment.

TOOTH POWDER.

This powder is the purest, cheapest and best known. Used twice or three times a week this powder will keep the teeth in beautiful condition and make the gums firm and healthy.

Powdered areca nut charcoal, $\frac{1}{2}$ oz.; powdered cuttle fish, 2 dr.; powdered myrrh, 1 dr. Mix thoroughly. Flavorings and essential oils attack the enamel of the teeth and should not be used. Powdered willow charcoal may be substituted if areca nut charcoal is too costly or difficult to obtain.

Another good formula: Crude chalk obtained of paint stores (precipitated chalk is not so good), scraped fine, 6 parts; powdered willow charcoal, 2 or three parts; powdered myrrh, 1 part, by measure, not by weight. Mix thoroughly.

BEST FACE POWDER.

This powder heals, nourishes, prevents chafing; has a velvety feel and agrees with all skins, no matter how sensitive. Grind well-dried whole barley (not pearl barley) in a food chopper, using the nut butter grinder or any other device which will powder it very fine, then sift through gauze. This powder is not equalled by any known at the present day.

VIOLET POWDER.

Powdered starch, 1 lb.; powdered orris root, 3 oz.; oil lemon, 20 drops; oil of lavender, 10 drops; oil cloves, 5 drops. Grind or triturate well together and sift through a fine sieve.

ROSE POWDER.

Rice flour, 1 lb.; rose pink, 5 gr.; oil of rose, 10 drops; oil of sandalwood, 5 drops. Mix.

NATURAL RED LIPS.

From very ancient times lemon has been the favorite means of giving a natural redness to the lips. If cracked, they should be healed first with the cure for chapped skin, and then rub a slice of lemon on them daily, just sufficient to cause a tingling sensation. The same application may be used for the cheeks.

BLOOM OF ROSES.

This preparation is used extensively in France under the name of "Vinaigre de Rouge" as an artificial coloring for the cheeks and lips.

Carmine, No. 40, 1 dr.; water of ammonia, 2 dr.; rosewater, 4 oz.; spirit of rose, 2 dr. Dissolve carmine in water of ammonia, then add the other ingredients.

A very good and safe home-made substitute for artificial coloring is water in which blood beets have been cooked. It should be evaporated sufficiently to bring it to a deep red color and about 10 per cent. of alcohol added to keep it.

BLOOM OF THE ORIENT.

This is a very good cosmetic, but it does not agree with all skins.

Oxychloride of bismuth, $\frac{1}{4}$ oz.; water $1\frac{1}{2}$ pints; rosewater, $\frac{1}{2}$ pint; oil of neroli, 5 drops; spirits of sandalwood, $\frac{1}{4}$ dr. Triturate and mix very thoroughly.

BEAUTY HINTS.

Sound sleep is one of the greatest aids to beauty and women require more sleep than men. A woman should not sleep less than eight or nine hours out of twenty-four. From sunset to 12 midnight is the time when the earth force which eliminates the waste materials of the body and rebuilds the tissues destroyed by the wear and tear of the day, is on the increase and

most active in its beautifying effect, therefore get as much sleep during this period as possible.

Cheerfulness is a great promoter of beauty and we can be cheerful by overlooking the small annoyances of life. Cultivate cheerfulness no matter what the circumstances are that surround us.

Be interested in many persons and subjects. Be calm but not stupid. Be much with the young. Take a youthful view of everything. Yield to no violent emotions, especially anger and hatred. Avoid petty emotions, as envy, and much consideration of petty things. Everyone knows how sourness, complaining and a chronic bad disposition will cut deep lines into the face and show itself with unmistakable signs in the carriage and surroundings of an individual.

Try the laugh cure for your troubles. Force yourself to laugh at every trouble no matter how serious it may be, and you will soon learn what a powerful, definite effect good nature has in removing the obstacles of life. Mourning or complaining can do no good, and they only enlarge the trouble, destroy beauty and sap vitality.

When you feel most like crying, sing your favorite song instead, and learn the magical power of music.

To soften the hands, rub them with sweet almond oil at night and wear loose fitting gloves to protect the bed linen.

A teaspoonful to a tablespoonful of aqua ammonia to a basin of water will remove body odors effectively.

For excessive perspiration, bathe the parts with a solution of permanganate of potash and water.

Scars left by pimples will disappear if massaged with a good skin food.

Strong soap or hot water should seldom be used on the face or hands.

To test soap for use on the skin, touch the cake to the tongue. If the taste is not too strong or sharp, it may safely be used on the face and hands.

Water used on the face should be warm, not hot. Never use

hot water on the face; in time it will make the skin dry and yellow.

Alcoholic drinks ruin beauty.

Menstrual pains destroy beauty. They are a warning to build up the general health, but the following is a certain relief: Five to 10 drops (not over 10) of oil of sassafras on a lump of sugar, and repeat in six hours if pains continue that long.

Hair should always be cut during the first three days of the new moon. This will make it grow luxuriantly.

Running the fingers through the hair thoroughly each night and gently pulling out all sickly or dead hairs, then brushing it thoroughly with care, will increase its growth in a great measure.

THE SECRET OF HAPPY MARRIED LIFE.

Always bear in mind that marriage is the union of two imperfect characters. When the better half is tired or hungry, forbear; and under provocation, observe a discreet silence until rest and nourishment have been provided. A rested and well-fed person will stand for almost anything. The world looks entirely different then. Mutual consideration and forbearance, and last, but not least, moderation in conjugal relations, are the keys to happiness.

SEED THOUGHTS ON SELF-CULTURE.

“Sow a thought, you reap a word.
Sow a word, you reap an act.
Sow an act, you reap a habit.
Sow a habit, you reap a character.
Sow a character, you reap destiny.”—W. M. T.

Thoughts and acts are causes of each other. Every thought or act either builds a new cell in the sensory or motor brain or exercises and strengthens an existing cell which has previously been created by a similar thought or act. A cell once built into

the brain always strives to repeat the thought or act which created it and every repetition only serves to strengthen the tendency thus produced and make it a permanent habit, either constructive or destructive, according to its nature.

The essence of self-culture is the deliberate governing of the personal thoughts, acts and desires in conformity with an ideal constructed in harmony with the modes and necessities of nature, as revealed by reason and intuition, or experience.

A bad habit can be cured in two different ways, either by consciously restraining every contributory thought or act and immediately transmuting it by spending the accumulated energy in opposite acts or thoughts; or, second, by giving it free rein until it exhausts itself. The first method causes temporary pain while the body and mind are readjusting themselves. The second method is the natural slow course of evolution and may destroy the body many times before the soul learns the hard lesson through experience.

Once a bad habit has been counteracted by its opposite good, the good habit secures as firm a hold as the evil habit previously had and it then gradually becomes instinctive, easier and more natural to perform the good act than the other. It is only during the period of counteraction and readjustment that any effort is required.

Moral laws are neither arbitrary mandates nor impractical dreams; they are all natural laws of necessity, founded on mental and physical causes and effects of the modes of nature, and are binding and irksome only to those who need to be governed for their own good. Those who are strong enough to violate natural laws follow them willingly because they see the reason for them and the grand harmony which such laws produce. The forced and unnatural development of psychic faculties before character is perfected and universal wisdom attained, is dangerous in extreme. When the time arrives that psychic powers can be safely used, they will open up, if desired, as naturally as the blooming of a flower.

Goodness is founded on wisdom. Every thought, emotion or act produces some effect on the body, good or bad, little or

great, temporary or permanent, according to its character, force and duration.

All illness comes from a violation of some mental, moral or physical law of nature, and to cure a disease with medicine will not prevent its return in more serious form, if the same violation of natural law is repeated.

Anger thoughts demoralize the nerve currents, which assimilate food; generate poisons in the blood and all fluids of the body, and cause chronic inflammations. A fit of anger often causes a violent spell of vomiting. A mother may so poison her milk by a fit of anger as to give her nursing infant convulsions or even kill it outright. Hatred, which is a chronic form of anger, gradually turns the lymphatic fluids of the body into a most foul-smelling, virulent liquid.

Fear paralyzes the heart and motor brain system, which is the seat of strength and courage.

Lying shrivels up the pituitary body of the mid-brain and the allied portions of the front brain, which are the seat of reason, intuition and memory, thus distorting the judgment and causing mental blindness.

Covetousness and theft weaken the olivary bodies of the mid-brain, the kidneys and other organs belonging to this system, which control the vital essences of the body.

Licentiousness exhausts the accumulated creative building substance of the body and depletes the secreting glandular system.

Words are great forces in the realm of life;
Be careful of their use. Who talks of hate,
Of poverty and sickness, but sets rife
These very elements to mar his fate.
When Love, Health, Happiness and Plenty hear
Their names repeated over day by day,
They wing their way like answering fairies near;
Then nestle down within our homes to stay.

—Ella Wheeler Wilcox.

Evil or angry spoken words, by the action of the well-known principle of sound vibration, precipitate myriads of minute star-shaped acid crystals from the breath and these crystals lodge on the delicate membranes of the throat and nasal passages, causing inflammations and ulcerations.

On the other hand, words of love and kindness are alkaline, soothing, healing and purifying, and good thoughts vitalize and rebuild the various organs of the body.

It is expected that further study of the effects of thoughts and acts upon the different parts of the human body will reveal the practical and scientific basis of all religions.

All violent emotions, good or bad, exhaust nerve force and the knowledge of how to accumulate, concentrate and direct vitality is the highest earthly wisdom, as all invalidism and incompetence result from a depletion of vital force.

To obtain greater vital supply it is necessary to increase production and restrain expenditure. The expenditure organs are the brain, the cerebro-spinal nervous system and the organic nervous system, and any activity of these expends vital force. The organs of manufacture are the breathing organs, the digestive organs and the circulatory organs.

The world to each person is more or less a reflection of that person's mind and body. Nine-tenths of all human thought and action is instinctive and only about one-tenth deliberate. Over nine-tenths of all external response of people, and natural events, to any individual, is but an instinctive reflex of that person's thoughts and physical condition.

The nature of thought habits and physical condition radiates from every being, by vibrations in the ether similar to wireless telegraphy and is instinctively responded to by those who come within this sphere of influence. Every one feels good in the presence of a healthy, happy and pure-minded person; likewise the reverse.

If one feels that they are unfortunate, or that they are being snubbed and persecuted, the cause should be sought within their own thoughts, actions or physical condition. Make one's self right and the world will appear beautiful.

To be thought well of, don't try to make others think well of you, but think well of others. If you wish to be successful and happy, don't try to compel success and happiness but work and wish unselfishly for the success and happiness of others. There is a mighty powerful principle back of this.

A sure means of overcoming a dislike which we entertain for any one is to do him a little kindness every day; and the way to overcome a dislike which another may feel toward us is to say some little kind word of him every day.

To smile at the jest which plants a thorn in another's breast is to become a principal in the mischief.

Self-examination is always beneficial, and eternal vigilance is the price of happiness as well as of life.

The conditions of the home and surroundings exert a subtle but powerful influence on the habits and character of an individual. An orderly and well kept home is a wonderful aid to success in life.

Environment is strong, but character is stronger. The human will can be so strengthened by right use as to control environment. Every day voluntarily compel yourself to do cheerfully some little constructive task, mental, moral, or physical.

The body and mind are changing continuously. This change is naturally slow but it can be quickened and directed by study and practice. Balance and moderation are the keynotes to be always kept in mind. Extremes and sudden changes are usually destructive.

What can happen by accident can be accomplished by design.

Opinions are mental cobwebs and obstacles to clear thought unless founded on knowledge and experience.

Pain gives power and wisdom. Pleasure gives life and substance. Every person we come in contact with is our benefactor. Our so-called enemies present us with rare jewels of wisdom and self-control. Our friends give us life and substance.

The foregoing hints embody the essence of all teachings on the subject of self-culture.

AN UNCROWNED KING.

The following is a splendid ideal for the purpose of meditating upon, as an aid to character building.

Calm and composed, gentle but firm, patient yet determined; self-possessed, dignified, unostentatious, unobtrusive, deliberate and quiet.

Confident and trusting in a Supreme Good; free from dogmatic opinions, prejudice, anxiety, tension and physical strain.

Erect and poised bearing, allowing the bodily functions to proceed without interference; majestic and commanding in presence; such a man is Nature's King, although uncrowned of men.

As true as a ray of light; quick to forgive; wisely generous, unassuming, reserved and unpretentious; he is a fountain of life; a soul of great power; radiating blessings to all beings who come within his broad sphere of influence; dispelling disease and discord by the purifying power of his good will and rays of vitality.

Such a man, by the radiance of his natural light, is instinctively recognized and revered by all beings. Having surrendered to his higher self, his center, he is master of equilibrium and harmony and is guided and protected at all times. He may have any wish fulfilled.

SECTION IV.

MONEY MAKING AND SUCCESS.

Riches seldom come by working for others and as a usual thing every ambitious person has at some time in their life felt a strong desire to engage in business for themselves and secure financial independence, but opportunities are scarce indeed, and information on the subject of just how to start in and build a permanent and profitable business, in spare time with small capital, is difficult to obtain.

In this section valuable money-making hints and instructions are given which, if acted upon, should be sufficient foundation for the building of many profitable and permanent business enterprises.

HOW TO START A MANUFACTURING SPECIALTY BUSINESS.

There is no business which can be started so easy and will grow so fast as the manufacture of proprietary specialties for the trade or to be sold through agents, and the preceding pages contain many formulas of medicines, toilet and household preparations which, in the hands of any enterprising person, would be sufficient foundation for a large fortune. It is surprising how many enterprises of great magnitude are the outcome of and depend upon secret formulas, the knowledge of which has baffled competition and crushed all rivalry.

Large fortunes have been made from very small beginnings, by the manufacture of single articles, for which recipes are given in the various sections of this work, and as a usual thing these preparations are extremely simple, their sale depending largely on persistent and judicious advertising. It is said that

James Pyles, who died a millionaire many times over, first made his famous soap powder, Pearline, at home and sold it from house to house, as did Perry Davis, with his celebrated Painkiller.

Often an article which sells for a dollar or more only costs a few cents to manufacture, including the bottle or package, which in some instances costs more than the preparation in it.

The success of such a business depends chiefly upon the means of exploitation. In a small way, circularizing and canvassing is the best method for beginning. If you can afford it, run an advertisement continuously in the local newspaper and concentrate all of your energy on a small territory, working it thoroughly until it is well established, then gradually extending to larger fields as the profits from the business warrant it.

Appeal to the consumer direct; don't try to sell to the dealers before you have created a public demand for your goods. This is the secret of building a permanent business on a solid foundation.

Details of putting up any article for sale are left to the individual's judgment. First find an article which you have complete faith in, then select a catchy but sensible name and a handy and attractive package and observe what other manufacturers in the same line are doing, remembering at the same time that novelty in any line often increases sales. Then stick, dig and save and watch yourself get rich.

THE SECRETS OF BUSINESS SUCCESS.

The secrets of permanent success in business are, First: A genuine good feeling and sympathy towards everyone. This is instinctively perceptible to all who come in contact with such a person and all people like to deal with those who are friendly. By this is not meant an artificial external semblance of friendship nor familiarity nor toadyism as these shams are readily detected by observing persons. It must be out from the heart and genuine, and if not possessed naturally it can be acquired only by diligent effort and constant restraint of all

hateful or deceitful thoughts and feelings. This is the basis of honest and conscientious business dealings.

Second: Performing services or selling goods of genuine merit and those which are necessities or in demand and constantly letting the public know about it.

Third: Continuous, persistent and thoughtful work along one line, concentrating all vital energies on one subject in a single direction, without scattering or wasting force on externals, non-essential details or unrelated matters.

Fourth: Careful watchfulness of all financial matters, especially the expense account and reserve fund. Pruning season comes in business as well as in orchards. The fruit of profit is borne on the branches of expense. And profit, like fruit, grows biggest on the tree whose branches are pruned in season. Let expense grow wild, profits grow small—the useless expense saps the profits. Trim expense close to the balance between efficiency and economy, and profits will come to a rich harvest. Out of the harvest lay away a fixed percentage as a reserve fund against periods of depression or for purposes of expansion.

CELEBRATED JAPANESE OIL PAINTING PROCESS.

This process is something everybody can learn and which anyone can teach after a very short practice. Three dollars is the usual price for teaching the art. The pictures will find a ready sale and a number of persons are making good incomes teaching the process to others, as there are many persons in each locality who are anxious to have an accomplishment which they can secure quickly and without much trouble or expense. No canvassing is necessary. Customers or pupils are secured by exhibiting samples of the work in store windows, with explanatory show card.

The painting is made on an albumen print which is easily rendered perfectly transparent. The prints are furnished by D. E. Abbott & Co., Huntington, W. Va., who will furnish complete information as to sizes and prices, or may be obtained from any photographer who is equipped to make enlargements.

Sizes run from 4 by 5½ up to 18 by 22 inches or larger, and prices are from 20 cents up. Prints are made from any good photograph, pastel, tintype or daguerreotype, or an unmounted photograph may be used without enlarging it. Very good prints can be made from clear half-tone pictures such as appear in magazines, so it is possible to make a picture of almost anything desired. The best results come from photos of people and the best orders are gotten for these.

The print is mounted on glass, face down, by the use of Adhesive Compound. It is later made transparent by the use of Transparent Compound, and fixed and rendered permanently transparent with Preservative Compound. (See formulas for these compounds below.)

After the print is dry, then the tinting in colors is done. When you look at one of these finished pictures one would think that it would require a long time to learn to do the work, but the fact is it can be done after only a few hours' practice.

There are two methods of doing the work, known as the one-glass and the two-glass methods. Both have their advantages. We cannot say absolutely which is best, though for practical purposes the use of two glasses is recommended.

The one-glass method consists in mounting the print as indicated above, then using the oil paints on the back of this print. No water colors are used with the one-glass system.

With the two-glass system, after the print is mounted as shown above, the eyes, lips, cheeks and sometimes the lighter parts of the dress are tinted with water colors. Then a thin piece of pasteboard is run around the edge of the glass, the second glass is put on and secured there by the use of adhesive paper. After this the rest of the coloring is done with oil paints on the back of the second glass.

The two glasses make a better job and a more permanent picture, while the cost is only slightly more.

Directions for Two-Glass System:

1. Place the print in warm water and let it remain three or four minutes.

2. Remove the surplus water from the print by laying it between sheets of common blotting paper.

3. Mount the print on the glass as follows: Place the bottle of adhesive in hot water and let it remain until it becomes as thin as water. Flow the glass with the Adhesive Compound, lay the print on the glass face down, always keeping a piece of paper next to the print so as not to tear it and to keep any of the adhesive from getting on the back of the print. Then roll the print with a rubber photo roller, in perfect contact with the glass, being sure to remove all air bubbles. After print is mounted, let it stand until perfectly dry.

4. The print must be perfectly transparent. This is done by pouring on the back of the print a small quantity of the Transparent Compound and rubbing it over the print, letting it remain on from ten to twelve hours or until the print becomes perfectly dry and transparent.

5. After the print is perfectly transparent wipe off the Transparent Compound with a dry cloth and use water colors on the first glass only. Paint the pupils of the eyes, then the lips, jewelry, flowers and leaves. Never use oil colors on the print. After the water colors are applied and dry, put on a small quantity of the Preservative and rub it evenly over the print.

6. Then put on the second glass, which should be exactly the same size, placing a thin strip of cardboard between the glasses at sides and ends to keep them from touching each other. Secure the two glasses together by using adhesive paper, being careful to make it perfectly air tight.

7. Use oil colors on the second glass only. First paint the flesh, then the hair, then the clothing, and lastly the background.

Mixing Colors. Flesh color—use white and tint in with vermilion and Naples yellow. Light Blonde Hair—use Naples yellow and white. Dark Brown Hair—use Naples yellow and a little Vandyke brown. Brown Hair—Vandyke brown and a little Naples yellow. Black Hair—Vandyke brown. Grey Hair—white and a little Vandyke brown. Green—mix blue and

chrome yellow. Pink—white and rose madder. Lavender—white and mauve. Use Red Sable brushes Nos. 1, 3 and 7.

The Chemical Supply Co., Huntington, W. Va., will furnish prices on all materials, samples and outfits, except the prints, or you can make the preparations as follows and buy other materials at the most convenient supply house.

Adhesive Compound. Gelatine, gold dust, 4 oz. Put in a quart of boiling water and stir until dissolved. Then add powdered alum, 1 oz.; oil cloves, 5 drops; and enough analine to give a light blue color. Bottle while hot, standing the bottle in hot water first to prevent it from cracking.

Transparent Compound. Castor oil, 11 oz.; sperm oil, $\frac{1}{2}$ oz.; oil sassafras, $\frac{1}{2}$ oz.; alcohol, 2 oz. Mix.

Preserving Compound. Raw linseed oil, 14 oz.; glycerine, $\frac{1}{2}$ oz.; oil of citronella, $\frac{1}{2}$ oz. Mix.

IMITATION OIL PAINTING.

This method is based on the use of “flock paper” instead of canvas, which can be had in all colors. Oil colors are applied with a brush in the usual manner. The “flock” constitutes the ground and aids in forming the various shades. The velvety surface of the “flock” has the effect of softening and blending the lines and strokes of the brush. It holds the color in place where applied, so the artist can paint over the same surface repeatedly in order to get the desired effect without waiting for the colors to dry. The effect is very striking even under the hand of an amateur, and far surpasses any other except the genuine oil painting.

MILK-FED PRIZE PUMPKINS.

Select the most hardy and vigorous vine and as soon as the fruit appears pick off all but the largest and best looking one. The largest joint of the vine about midway between this fruit

and the roots should be carefully slit lengthwise on the outside of the elbow, then drive in a small, thin wooden wedge at each end of the slit so as to keep it slightly open.

Sink a small bowl in the earth and tie the vine carefully on each side of the slit to sticks driven in the ground close to the bowl, holding it in such a position that the slit will remain in position against the bottom of the inside of the bowl. Pour sweet milk in the bowl as often as it is absorbed.

TO INCREASE THE SIZE OF FRUITS AND VEGETABLES.

By watering vegetables and fruit trees with a solution of sulphate of iron, the most wonderful fecundity has been obtained. Pear trees and beans which have been submitted to this treatment have nearly doubled in the size of their productions, and a noticeable improvement has been marked in their flavor. Flowers also acquire a peculiar brilliancy of coloring and healthy aspect when watered in like manner.

Ordinary coal ashes is a wonderful fertilizer, even better than wood ashes, for nearly all crops except a few special things such as tobacco, etc., which do not thrive with sulphate fertilizers. Many crops double in productiveness when fertilized with coal ashes, and enough of this material goes to waste each year to feed all of the poor in the world, just from the increased yield which its use would produce.

FRESH WATERMELONS AND TOMATOES IN WINTER.

Watermelons will keep as well as pumpkins in a cool, dry cellar.

A continuous supply of fresh tomatoes may be had way up into winter by pulling up the vines, green tomatoes, roots and all, as soon as the first frost threatens and hanging them in the cellar, where they will ripen slowly; or gather the solid green tomatoes before the frost comes, wrap them separately in brown

paper or newspaper, and place away on a shelf where they will not get bruised.

GREEN CORN IN WINTER.

Gather it with the husks on, put some salt in the bottom of a clean barrel, proceed to fill the barrel with a layer of corn, then a layer of salt; when full, put on a large stone for pressure and add a little pickle of salt and water. Set the barrel in a cool place in the cellar, do not let it freeze, and it will keep perfect a year or more. To use, take off the husk, soak in cold water for twenty hours, then boil and eat. A fine business could be built up among hotels, restaurants and well-to-do private families on this method of preserving corn.

SACHET POWDERS FROM FRESH FLOWERS.

The manufacture of sachet powder is a profitable and pleasant occupation for ladies, as it is easily made and finds ready sale almost anywhere.

Take any quantity of fresh blooms and dry them perfectly on a tray or paper in the shade, without artificial heat. When perfectly dry, remove the stems, cups and everything else which has no odor, and place in fruit jars, filling each jar only one-third full of dried blooms.

Into each jar pour over the blooms an equal amount of cornmeal, previously well dried but not warm, and leave the remaining portion of the jar as air space. Screw on the lids, shake loosely together to mix the contents and set in a cool place. Shake the jars a little every day and allow fresh air to enter the jars by removing the covers for a few seconds each time.

When the flowers turn brown the work is complete, and the meal and blossoms are ready to pack in sachet bags.

Cornmeal is a powerful absorbent of odors and will retain perfume for years if kept dry. The highest quality of sachet powders are made with French sumbul-root flour in place of cornmeal.

Rose balls.—Gather in the summer any quantity of deeply colored rose petals from roses grown in the open air and sunlight. The petals of the hothouse rose yield very little lasting fragrance. These petals should be dried in the shade and stuffed tightly into small silk bags which are used for scattering among clothing in the bureau drawers.

ARTIFICIAL SACHET POWDERS.

When making these scents the best quality of ingredients should be purchased, in order to obtain satisfactory results and lasting odors.

Heliotrope, one of the most delicate scents, is made from $\frac{1}{2}$ lb. of rose petals, dried; 4 oz. of tonka beans, powdered; 1 lb. of powdered orris root; 2 oz. of vanilla bean, ground; and 1 dr. musk. All must be worked into 8 grains of bitter almond oil. This is done by blending the powders, and by degrees mixing them into the oil.

A good violet is made from 1 oz. of powdered benzoin; $2\frac{1}{2}$ grains each of oil of musk and oil of lemon; $\frac{1}{8}$ oz. of orange-flowers; $\frac{1}{2}$ oz. of powdered cassia; 1 oz. of rose petals; 2 oz. of powdered orris root; and $2\frac{1}{2}$ grains of oil of bitter almond. This is mixed in the same way as the heliotrope.

Neither of the formulas includes the actual oil of the flower, but the blending of the ingredients produces the desired odor.

Lavender sachet powder is inexpensive and pleasant. It is made from 5 oz. of dried lavender flowers reduced to powder; $1\frac{1}{2}$ oz. of powdered benzoin; 3 oz. of cypress powder and $\frac{3}{4}$ dr. oil of lavender.

DELIGHTFUL PERFUME EXTRACTS.

A good trade can be built up in any community by the manufacture and sale of the following perfumes:

A most refreshing perfume.—Oil of lemon, 1 fluid dr.; balsam of peru, 15 grains; essential oil of almonds, 8 grains; spirit of orange flowers, 5 dr.; rectified spirits, 7 oz.

A fascinating perfume.—Oil of lavender, $\frac{3}{4}$ oz.; oil of bergamot, 2 dr.; essence of musk, $\frac{1}{2}$ dr.; oil of cloves, $2\frac{1}{2}$ dr.; essence of ambergris, $\frac{1}{2}$ dr.; cologne or rectified spirits, $\frac{3}{4}$ pint. Shake this well together and leave to mellow for a week or ten days.

A wonderful eau d'heliotrope.—Essence of ambergris, $\frac{1}{2}$ dr.; coarsely powdered vanilla beans, $\frac{1}{2}$ oz.; orange flower water, $\frac{1}{2}$ pint; cologne spirits, 1 quart. Let this stand for mellowing one week, then pour into a decanter and filter into it five or six drops each of the oil of bitter almonds and cassia. This forms a cosmetic as well as a perfume, for it whitens and softens the skin amazingly.

A most fragrant violet sachet.—Starch, 1 lb.; orris root, 1 oz.; essence of ambergris, 10 drops; oil of bergamot, 10 drops; oil of rhodium, 2 drops. Mix thoroughly and rub through a very fine gauze sieve.

A very agreeable perfume.—Spirit of roses, $\frac{1}{2}$ oz.; spirit of rosemary, $\frac{1}{2}$ oz.; essence of violets, 1 dr.; essence of ambergris, 1 dr.; oil of cedrat, 1 dr.; orange flower water, 5 oz.; cologne spirits, 1 pint. Shake and blend well together; let it mellow for a week and it is altogether charming.

A wonderful rich, heavy perfume.—Attar of roses, 1 dr.; oil of rose geranium, $\frac{1}{2}$ dr.; essence of musk, 3 dr.; essence of ambergris, 1 dr.; cologne spirits, warmed, 1 pint. Mix thoroughly, cork tightly and agitate frequently until cold. This is one of the most lasting of perfumes. Its fragrance remains strong until washed out.

Eau de cologne.—Oil of bergamot, 2 dr.; oil of lemon, 2 dr.; oil of orange, 1 dr.; neroli, $\frac{3}{4}$ dr.; oil of rosemary, $\frac{1}{2}$ dr.; essence of ambergris, 4 drops; essence of musk, 4 drops; rectified or cologne spirits, 1 pint.

A very popular and lasting cologne extract.—Ambergris, 25 parts; musk, 12 parts; civet, 5 parts; oil of rose, 2 parts; oil of cinnamon, 3 parts; oil of wood of Rhodes, 2 parts; oil of orange flowers, 2 parts; carbonate of potash, 6 parts; 95 per cent. alcohol, 860 parts. Macerate fifteen days and filter. One-ounce bottles with fancy label sell at 50 cents each.

“CLEAR VIEW.”

An anti-frost liquid for show windows.

Directions: To wash windows in freezing weather, put alcohol in the water or use a cloth moistened with denatured alcohol, without water. Dry and polish with crumpled newspaper, then scatter a few drops of “Clear View” on a dry chamois skin and rub it all over both sides of the glass thoroughly. This will prevent frost from forming and obstructing the view.

“Clear View” is simply ordinary glycerine, slightly colored red or pink to disguise it. Put it up in 2 oz. bottles and sell it to stores and private families in the winter season.

ROOT BEER EXTRACT.

A large demand is already created for this article, and this demand can be taken advantage of by any enterprising person. Two different formulas are given below, one using the roots and drugs in their natural state, and the other being composed of the already prepared fluid extracts. The first makes a better article, but is more trouble to prepare.

First Formula. American sarsaparilla, ground, 4 oz.; sassafras, 3 oz.; calamus root, $\frac{3}{4}$ oz.; oil of wintergreen, 30 drops; oil of spruce, 15 drops; carbonate of magnesia, $\frac{1}{4}$ oz.; dandelion root, 3 oz.; nutmeg, $\frac{1}{2}$ oz.; oil of lemon, 30 drops; caramel, $\frac{1}{2}$ oz.; grain alcohol, 95 per cent, 18 oz.; water, 1 pint.

Root drugs should be ground or cut fine. Mix $\frac{1}{2}$ pint of alcohol with $\frac{1}{2}$ pint of water and pour over the mixed roots. Stir well, cover tightly and set aside in a warm place for two or three days, then strain and press out as much liquid as possible; cover and set aside. To the roots add another $\frac{1}{2}$ pint each of the alcohol and water, stir, cover and set aside for twenty-four hours, strain again and add to the extract previously obtained.

Mix the oils in the remaining 2 oz. of alcohol and stir this into the extract, then wash the roots with just sufficient water to bring the total quantity of extract up to 1 quart.

Rub the carbonate of magnesia with a portion of the extract and mix all together, then add the caramel; shake well, cover and after standing a few days with occasional shaking, filter and add just a little extract of vanilla, hardly enough to be perceptible. Three ounces of this extract makes 5 gallons of root beer and is prepared in the same manner as Hires.'

Second Formula. Fluid extract sarsaparilla, 10 fluid dr.; fluid extract pipsissewa, 10 fluid dr.; fluid extract wintergreen, 4 fluid dr.; fluid extract licorice, 4 fluid dr.; oil of wintergreen, 48 drops; oil of sassafras, 24 drops; oil of clover, 12 drops; alcohol, 10 fluid oz.

Mix the oils with the alcohol, then add the extracts.

POULTRY EGG FOOD POWDER.

Red pepper, powdered, 2 oz.; allspice, powdered, 4 oz.; ginger, powdered, 6 oz. Mix by sifting. One tablespoonful to be mixed with every pound of food and fed to poultry two or three times a week.

Feed hens chopped up fresh meat; a little fresh ground bone occasionally also; every day or so give them some wheat, buckwheat and oats, which may be obtained of seed merchants.

A lump of crude chalk from paint stores should be suspended with a string a little way above the ground but within easy reach of the hens, and a little finely ground oyster shells scattered amongst their dry feed is also excellent.

POULTRY VERMIN CURE.

This preparation may be made in either powder or liquid form. It is recommended by Cornell University poultry department and by the State of Maine Agricultural Experiment Station, as the best preparation so far discovered for the cure of poultry lice. It is also a serviceable household vermin exterminator, insecticide, disinfectant and deodorizer.

The lice powder is made at a cost of only a few cents a pound

in the following way: Take 3 parts of gasoline, 1 part of crude carbolic acid. Mix these together and add gradually, with stirring, enough Plaster of Paris to take up all the moisture. The liquid and the dry plaster should be thoroughly mixed and stirred so that the liquid will be uniformly distributed through the mass of plaster. When enough plaster has been added the resulting mixture should be a dry, pinkish brown powder having a fairly strong carbolic odor and a rather less pronounced gasoline odor. Do not use more plaster in mixing than is necessary to absorb the liquid. This powder is to be worked into the feathers of the birds affected with vermin.

A liquid form to be used as a spray or paint, to be applied to roosting boards, nest boxes or walls and floors of hen houses, and for dwellings, stables and outhouses: Three parts of kerosene and 1 part crude carbolic acid. This is stirred up when used and may be applied with any of the hand spray pumps or with a brush.

In both of these formulas it is highly important that crude carbolic acid be used instead of the purified product. Be sure and insist on getting crude carbolic acid. It is a dark brown, dirty looking liquid and its value depends on the fact that it contains tar oil and tar bases in addition to the pure phenol (carbolic acid).

For use on hens or chicks affected with vermin, the bulk of the application should be in the fluff around the vent and on the ventral side of the body and in the fluff under the wings. Its efficiency, which is greater than that of any other lice powder known to the writer, can be very easily demonstrated by any one to his own satisfaction. Take a bird that is covered with lice and apply the powder in the manner just described. After a lapse of about a minute, shake the bird, loosening its feathers with the fingers at the same time, over a clean piece of paper. Dead and dying lice will drop on the paper in great numbers.

The proper procedure is to follow up a first application of powder with a second at an interval of from four days to a week. If the birds are badly infested at the beginning, it may be necessary to make still a third application.

DRY POWDER FIRE EXTINGUISHER.

This article can be sold almost everywhere, and is a big money maker for agents.

Common salt, 6 lbs.; sulphate of soda, $1\frac{1}{2}$ lbs.; silicate of soda, $1\frac{1}{2}$ lbs.; baking soda, $4\frac{1}{2}$ lbs.; chloride of calcium, $1\frac{1}{2}$ lbs.; ground rice, 1 lb. Have the ingredients dry and in fine powder and mix by passing through a sieve a few times, crushing out any lumps and getting a nice, evenly mixed powder.

Now get some long, round cardboard stout paper tubes about 16 inches long and with a diameter of about $1\frac{3}{4}$ inches. Fix up a wire at the end of the tube as a sort of sieve so as to make the powder spread when thrown out, and to serve as a means to hang it up by.

These tubes will hold about $1\frac{1}{2}$ lbs. each and if the ingredients have been bought in large quantities at wholesale the cost will be about 10 cents. The tube and label will cost about 7 cents, making the total cost 17 cents.

Dry powder fire extinguishers when put up in tin tubes and handsomely lithographed, sell anywhere from \$1.25 to \$3.00, but \$1.00 to \$1.50 would be a fair price for the pasteboard extinguishers.

A good plan for selling these is to go to a neighborhood where there has just been a fire. If the fire did a great deal of damage you have an opportunity of making many sales.

SOAP POWDER.

Millions of dollars have been made from the sale of well known brands of soap powders, and the formulas are all jealously guarded trade secrets.

The following makes a splendid powder: Grate 1 lb. of hard soap fine and mix it with 1 lb. of soda ash. It should be thoroughly sifted and packed in convenient containers.

MECHANICS' HAND CLEANER.

This preparation removes dirt and grime very quickly and will not injure the hands. A good business could be built up

in any manufacturing town by demonstrating with samples at different factories during the noon hour. It is composed of 1 part "Soapine" washing powder, thoroughly well mixed with 4 parts of common cornmeal.

PAINT, ONE CENT A POUND.

This is a trade secret which has sold to painters for as high as \$100.00.

Dissolve thoroughly 4 lbs. of crude sulphate of zinc in 1 gallon of hot, soft water. When dissolved as much as possible, pour the clear liquid off, leaving the sediment, and to 1 gallon of ordinary lead and oil paint, add 1 gallon of this fluid, stirring slowly for ten or fifteen minutes until perfectly combined. Thin with turpentine if required.

RAZOR STROP PASTE.

Mix fine emery intimately with fat and wax until the proper consistency is obtained in the paste and then rub it well into the leather strop. Prepare the emery by pounding thoroughly in a mortar the coarse kind, throwing it into a large jug of water and stirring well. Immediately after the large particles have sunk, pour off into a shallow plate or basin and let the water evaporate. This emery is better for polishing and other purposes than some that is prepared at the emery mills.

WRITING INK AT FIVE CENTS A QUART.

A good steady business can be built up by supplying offices and business houses with this commercial writing fluid.

Formula: One-half oz. of extract of logwood and 10 grains of bichromate of potash dissolved in a quart of hot rain water. When cold pour into a glass bottle and leave it uncorked for a week or two, when it is ready for use. This exposure to the air is absolutely necessary. Do not use the simple chromate of potash. The bichromate is orange red, and the chromate is a clear yellow.

EVERLASTING BLACK INK.

The following black ink which will stand exposure to the sun and weather outdoors for six months or more, and exposure to water, and soaking in water and alcohol, has been adopted by the State of Massachusetts for official records.

Tannic acid, $\frac{1}{2}$ oz.; crystal gallic acid, 77 grains; sulphate of iron, 5 dr.; gum arabic, 100 grains; dilute muriatic acid, $\frac{1}{2}$ oz.; carbolic acid, 10 grains; clear rain water sufficient to make $1\frac{1}{4}$ pints. Mix the muriatic acid and water and dissolve all the other ingredients in the mixture.

EVERLASTING LAMP WICKS.

The everlasting lamp wicks ordinarily advertised and sold as asbestos are made in the following manner:

Steep ordinary cotton wicks in a concentrated aqueous solution of tungstate of soda; then dry thoroughly in an oven.

BRILLIANTINE STOVE POLISH.

This polish works easily and satisfactorily in a dry state and does away with the dirt and trouble of mixing and preparing. A good stove polish is an absolute necessity in every family and a splendid, permanent business can be established by demonstrating from house to house.

The formula is very simple. It is composed of but one ingredient, the very finest grade of pulverized plumbago (black lead). It should be packed in 2 oz. wooden boxes, nicely labeled, to retail for 10 or 15 cents a box. It costs less than 3 cents a box to manufacture and could be wholesaled at \$6.00 a hundred.

Directions: Use a damp woolen cloth; dip in the box and rub it over the surface of the stove, which should be free from dirt and grease, then polish with a dry cloth, and the most beautiful lustre will appear. It is odorless, non-inflammable and non-explosive.

TABLET LAUNDRY BLUING.

This is a staple article in steady demand and a good trade could be built up with it.

Prussian blue, $\frac{1}{2}$ lb.; oxalic acid, $\frac{1}{2}$ oz.; powdered borax, $\frac{1}{4}$ oz. Powder fine and mix into a stiff paste with a solution of 13 parts gum arabic crystals to 1 part rain water.

Caution.—Be careful not to allow oxalic acid to come in contact with the hands, clothing or metal, as it is a powerful corrosive poison. The mixing should be done in a wooden vessel with a stick, and the paste should be rolled out on a board and scored into convenient size tablets with a sharpened piece of hard wood.

FURNITURE POLISH.

A first-class furniture polish will always sell well in any community. A good steady trade can be built up with it, and it is suitable for house to house demonstration by agents.

Professional furniture polish: Alcohol, $1\frac{1}{2}$ oz.; muriatic acid, $\frac{1}{2}$ oz.; linseed oil, 8 oz.; butter of antimony, $1\frac{1}{2}$ oz. Mix and add best vinegar, $\frac{1}{2}$ pint.

The next formula gives a splendid polish and is better than varnish for covering stains and marks: Paraffine oil, 1 qt.; wood alcohol, $\frac{1}{2}$ pint.; vinegar, 1 qt. Shake well before using.

A simple and efficient home-made furniture polish is composed of equal parts of olive oil and spirits of turpentine. Sweet oil, 2 parts and benzine not quite 1 part, is another good one. Also crude petroleum which may be obtained at paint stores, 1 part; and linseed oil, 1 part. This last formula is used by some of the largest furniture houses. They should be applied with a soft cloth, and polished dry with a clean piece.

Spots or scratches on furniture may be removed with a cloth moistened with linseed oil and dipped in powdered rottenstone. Whiting and alcohol is the best preparation to freshen gilt furniture.

A formula which resembles "Liquid Veneer" is composed of best shellac, 4 oz.; linseed oil, 2 pts.; 95 per cent alcohol, 2 pts.;

spirits of turpentine, 1 pt.; sulphuric ether, 4 oz.; aqua ammonia, 4 oz. Dissolve the shellac completely in the alcohol and add the ether, mixing thoroughly, then add the other ingredients, shaking well. Directions: Always shake well each time you put the cloth to the bottle and use nothing but cheese cloth for applying.

FURNITURE CREAM.

Animal oil soap, 1 oz.; solution of potassium hydroxide, 5 oz.; beeswax, 1 lb.; oil of turpentine, 3 pts.; water enough to make 5 pts.

Dissolve the soap in the lye with the aid of heat; add this solution all at once to the warm solution of wax in the oil. Beat the mixture until a smooth cream is formed, and gradually beat in the water until the whole is completely emulsified.

PROFESSOR HALL'S HAIR COMPOUND.

For the radical cure of baldness and promoting the growth of the hair and whiskers. A competence can be made selling this article.

Formula: Dissolve 1 oz. of castor oil in 1 qt. 95 per cent. grain alcohol and add 1 oz. tincture of cantharides, 2 oz. of tincture of catechu, 2 oz. of lemon juice and 1 oz. of tincture of cinchona; perfume with 2 dr. each of oil of cinnamon and rosemary. Put up in 2 oz. bottles and retail for 25c., using an original trade name.

LIGHTNING RELIEF INHALER.

This is the famous "Electric Life Inhaler," also known as "Bottled Electricity," for the relief of catarrh, headaches, neuralgia, hay fever, failing eyesight and all aches and pains.

Place a small piece of gum camphor in a 2 oz. wide mouthed bottle, then insert a piece of sponge or cotton batting and drop thereon 15 drops of the strongest ammonia and 15 drops of essential oil of mustard. Keep corked tightly when not in use.

Directions: For catarrh, headache, hay fever, and weak eyes, remove the cork and inhale slowly through the nostrils, until the eyes water freely. Repeat as often as required. For toothache, press the open mouth of the bottle over the tooth for two or three minutes. For other aches and pains press the mouth of the open bottle against the seat of pain and move it about when a burning sensation is produced.

Another formula known as "Fakir Inhalant" is as follows: Pack some cotton in the bottom of a $\frac{1}{2}$ or 1 oz. wide mouthed bottle. This is the inhaler; then mix the following and keep in a separate bottle:

Essential oil of mustard, 1 dr.; oil tar, 2 dr.; oil sassafras, 1 oz.; oil wintergreen, 1 oz.; oil hemlock, 1 oz.; menthol, 1 dr. To use, drop a few drops on the cotton in the inhaler. This is very penetrating. The liquid should be put up in 1 or 2 dr. vials to be sold with the inhaler.

TO KNOW IF ANY ONE IS TELLING THE TRUTH.

It is very important to know if any one is telling the truth, especially in business transactions. A person may look you straight in the eyes and deceive you but the movements of the lips will almost invariably indicate a false statement by twitchings or other signs of lack of confidence. Watch the mouth of the person who is speaking and you will soon learn to distinguish between true and false statements and will not be subjected to the confusing influence of the other person's gaze.

"A wise man called his only son and said to him, 'Now sonny,
'Tis not the bees that stay at home that gather in the honey,
So don your working duds, my lad; at sun-up start to roam,
Jes' keep a-moving all day long, at sundown hurry home.
You'll find, when daddy leaves you, an' you toil to keep alive,
The bees that get the honey, boy, don't stay around the hive.'

"The moral's good for you and me, if success must be attained,
Sure the harvest must be stored away before October's waned.

When icicles of indolence benumb our choicest years,
No use to try and thaw them out with long belated tears.
So let's be up and doing, ere Time puts on his gyve,
The bees that get the honey, sir, don't stay around the hive."

SEED THOUGHTS ON SUCCESS.

Persistent confidence, expectation and calm demand, is a threefold mighty power which accomplishes all things—as deadly and destructive in its reflex action, if used in a way which injures others, as it is beneficial and constructive when directed to good ends.

Determined imagination is the beginning of the highest achievements. Fixed thought is the means to an end.

Confidence makes the will steadfast and every doubt hinders accomplishment.

Establish an interior thought condition or vibration and it will compel a change in your exterior physical condition and environment.

First, consider carefully your talents and desires, then build your ideal objective clearly in mind; tell no one about it and hold it vividly in memory as much of the time as possible. Be very careful that the ideal is wisely formed, then work towards it continuously; sacrifice for it; don't scatter energies on non-essentials; take good care of physical health; eat plenty and devote sufficient time to rest and recreation, and you will win as certain as the sun shines.

All accomplishment progresses in alternate waves of encouragement and discouragement. In most cases a very small margin of persistence stands between success and failure. The weak generally give up the battle just at the point when it is about won—just before the crest of the final wave of success is reached. No effort is wasted. Its results are real though not apparent. No one ever succeeded in anything worth while without long continued and persistent effort and many discouragements, and the nearer we approach the culmination of

our efforts, the fewer in number, but greater, will be the obstacles in our path. Temporary setbacks must be looked upon as enticements to greater efforts. To admit failure is the only certain way to fail.

Will intensely; image clearly; desire fervently and don't doubt, don't submerge yourself in details; don't dictate just how it shall be accomplished but keep the mind on the ultimate object, work towards that and be patient.

As little by little the atmosphere becomes charged with watery vapor until such a degree of saturation is reached that a slight change in temperature causes precipitation, so little by little the mind becomes filled with a certain wish until such a degree of power is attained that a slight change in circumstances gives rise to a precipitation of the wish into achievement.

Take care that some previous belief acts not as a mental hindrance to your efforts. When an opinion stands in the way of an ambition, one or the other must fall.

A basic principle is that the undoubting attitude of persistence, even through reverses if need be, vitalizes the desire, until finally like a tidal wave it sweeps away all obstructions, however formidable they may be, for nothing can resist Life.

There is an easiest and quickest way to do everything. Always search for that easiest and quickest way. This economizes time and labor and increases personal efficiency.

Continuously practice the economy of time by doing something useful and beneficial in every spare moment. Gossip and frivolous conversation are a great waste of time and energy. Seek to restrain all such impulses. Maintaining a discreet silence is one of the most beneficial practices. It gives self-control; develops the will; prevents inharmony; creates receptivity and conserves vital force. A passive and immobile face and a silent tongue are hard to read and "A fool is never known by his silence."

And keep in mind this law: that just as many moments as you give to talking or thinking of poverty, disease, crime, misery and evil-doing; just as many words as you give to gossip, criticism and faultfinding; just as much of your vital force as

you give to fear, anger, gloom and resentment (towards individuals or fate); just so many hindrances and delays you make for yourself in the way of obtaining your desire.

All success is attained by consciously or instinctively following these methods, and it sometimes comes at the most unexpected time and in ways unthought of.

“The chance for which you have waited long
May come before you lie down tonight—
Are you ready?
Have you learned your part, is your courage strong,
Are your muscles hard, is your armor bright
And your purpose steady?”

(Reprint of U. S. Government Circular.)

Post Office Department—Postal Savings System

INFORMATION FOR DEPOSITORS.

OBJECT.

1. The Postal Savings System is established for the purpose of providing facilities for depositing savings at interest with the security of the United States Government for repayment.

SAFETY.

2. The faith of the United States is solemnly pledged to the payment of deposits made in postal savings depository offices with accrued interest as provided by the postal-savings act.

WHO MAY DEPOSIT.

3. Accounts may be opened and deposits made by any person of the age of 10 years or over in his or her own name and by a married woman in her own name and free from any interference or control by her husband. No person can have more than one account at any one time.

4. No person may open a postal-savings account at any post office who is not a patron of that office.

5. All accounts must be opened in person by the depositor or his authorized representative. After opening an account a depositor may forward subsequent deposits to the post office by mail.

6. Deposits will be accepted only from individuals, and

no account will be opened in the name of any corporation, association, society, firm, partnership, or in the names of two or more persons jointly.

7. No account will be opened in the name of one person in trust for or on behalf of another person or persons.

SERVICE FREE.

8. The service of the Postal Savings System is free, and no charge or fee is collected or required in connection with the opening of an account or the withdrawal of money deposited.

PRIVACY OF ACCOUNTS.

9. No person connected with the Post Office Department or the postal service is permitted to disclose the name of any depositor or give any information concerning an account except to the depositor himself, unless directed to do so by the Postmaster General.

HOW TO OPEN AN ACCOUNT.

10. When a person applies to open an account he must furnish the necessary information for the postmaster or his representative to fill out an application, which he will then be required to sign. If the applicant signs by mark, his signature must be witnessed by a disinterested person.

DEPOSITS.

11. Deposits are evidenced by postal-savings certificates issued in fixed denominations of \$1, \$2, \$5, \$10, \$20, \$50, and \$100, each bearing the name of the depositor, the number of his account, the date of issue, the name of the depository office, and the date on which interest begins. The postmaster or his representative will make out a duplicate of each certificate issued, which the depositor will be required to sign and which the postmaster will retain in his records.

12. No account may be opened for less than \$1, nor will fractions of a dollar be accepted for deposit.

13. No person is permitted to deposit more than \$100 in any one calendar month nor to have a total balance to his credit at one time of more than \$500 exclusive of accumulated interest.

14. Savings certificates can not be transferred or negotiated and will be payable only to the person to whom issued.

15. On opening an account a depositor is supplied with an envelope in which he may keep his savings certificates. On this envelope is printed information for his guidance, and also a blank ledger record on which to keep an account of his deposits and withdrawals.

16. In case a savings certificate is lost or destroyed the depositor should notify the postmaster. If deemed proper, a new certificate will be issued upon compliance by the depositor with the necessary requirements.

17. Postmasters are not permitted to receive savings certificates for safe keeping.

SAVINGS CARDS AND STAMPS.

18. Amounts less than \$1 may be saved for deposit by the purchase of ten-cent postal-savings cards and adhesive 10-cent postal-savings stamps. Each postal-savings card contains blank spaces to which savings stamps may be affixed from time to time as purchased, and a postal-savings card with nine 10-cent savings stamps thus affixed will be accepted as a deposit of \$1 either in opening an account or adding to an existing account.

19. Savings cards and stamps will be redeemed only by the issue of savings certificates and are not valid for postage. They will not be received in exchange for postage stamps nor will postage stamps be accepted in exchange for postal-savings cards or stamps.

INTEREST.

20. Interest will be allowed on all deposits at the rate of 2 per cent. per annum, computed on each savings certificate separately, and payable annually. No interest will be paid on money which remains on deposit for a fraction of a year only.

21. Deposits will bear interest from the first day of the month next following that in which deposited.

22. Interest will continue to accrue on a savings certificate as long as it remains outstanding, certificates being valid until paid, without limitation as to time.

23. Compound interest is not allowed on an outstanding certificate, but a depositor may withdraw interest payable and include it in a new deposit, which will bear interest at the regular rate.

WITHDRAWALS.

24. A depositor may at any time withdraw the whole or any part of his deposits to his credit with any interest payable by surrendering savings certificates, properly indorsed, for the amount desired.

25. A depositor presenting a certificate for payment in full with all interest payable must indorse it on the back in the presence of the postmaster or his representative and surrender it. The postmaster or his representative, if satisfied as to the depositor's identity, will then make payment.

26. When a depositor wishes to withdraw only a part of the amount called for by any certificate the postmaster will cancel the certificate and issue a new certificate covering the amount to be left on deposit. The new certificate will be so dated that the depositor will not lose interest on the amount remaining continuously on deposit.

27. When a depositor desires to withdraw merely the interest payable on any certificate, instead of indorsing and surrendering the certificate as in case of full payment, he will be required to

give his receipt in duplicate for the amount of the interest paid. The postmaster will enter the interest payment on the back of the certificate and return it to the depositor.

DEPOSITS NOT MADE IN PERSON.

28. When a person who has opened an account can not appear personally to make an additional deposit, because of infirmity or for other good and sufficient reason, the amount to be deposited may be sent by a representative or forwarded by mail. On receipt of the amount the postmaster will send to the depositor the duplicate of each savings certificate to be issued. When the duplicate or duplicates thus delivered have been signed by the depositor and returned to the depository office, the postmaster will send him the original certificates covering the amount of the deposit. New accounts can not be opened by mail. When an intending depositor desiring to open an account is unable to appear in person he may forward the money by a representative, who will be provided with an application form, which must be properly filled out by the intending depositor and returned with the duplicate certificate or certificates.

WITHDRAWALS NOT MADE IN PERSON.

29. When under similar circumstances a depositor can not appear in person to make a withdrawal, a blank order will be furnished for his use upon request by his representative. When such order has been properly filled in and signed by the depositor with his signature witnessed by a disinterested person, and has been returned to the postmaster, together with each certificate to be paid properly indorsed, payment will be made to the depositor's representative.

30. When a depositor who is unable to appear in person desires to withdraw merely the interest payable on any certificate, the blank order furnished will include receipts for the interest to be paid, upon return of which, properly signed by the

depositor, the postmaster will make payment to his representative.

DEATH OF DEPOSITOR.

31. In case of the death of a depositor the amount standing to his credit will be paid to the executor or administrator of his estate upon compliance with the necessary requirements. In case no formal administration is desired by his relatives, the postmaster may, if it is deemed proper, be authorized to pay the amount of the deposit, on application in proper form, to the person entitled to receive it, without the appointment of an administrator.

ACCOUNT OF WOMAN WHO MARRIES.

32. A woman who opens an account and afterwards marries must present her savings certificates at her office in order that the certificates may be indorsed as payable to her in her new name. The postmaster will receive no further deposits from a depositor failing to comply with this requirement, nor will he make any partial or interest payment to her.

POSTAL-SAVINGS BONDS.

33. A depositor will be permitted to exchange the whole or any part of his deposits in sums of \$20, \$40, \$60, \$80, \$100, or multiples of \$100 up to and including \$500, into United States registered or coupon bonds bearing interest at the rate of $2\frac{1}{2}$ per cent. per annum, payable semi-annually, and redeemable at the pleasure of the United States after one year from date of issue, both principal and interest payable 20 years from such date in United States gold coin. Such exchange may be made under date of January 1 and July 1 of each year, provided such bonds are then available.

34. A depositor desiring to convert his savings deposits into bonds on January 1 and July 1 of any year must make applica-

tion at least 15 days before either of the dates named to the postmaster in triplicate on a form which will be supplied him for that purpose. At the time of making application he must indorse and surrender savings certificates covering the amount of the bonds desired, for which the postmaster will give him a receipt. Interest will continue to accrue on certificates surrendered until the date on which the bonds are issued. When the bonds applied for are received by the postmaster, the depositor will be notified and the bonds will be delivered by the postmaster on presentation of the receipt for the certificates surrendered. At the same time all interest due on the certificates surrendered will be paid.

35. Savings deposits converted into bonds are not counted as a part of the maximum of \$500 allowed one depositor, and there is no limitation upon the amount of available postal-savings bonds which may finally be acquired by a depositor.

36. Postal-savings bonds are exempt from all taxes or duties of the United States, as well as from taxation in any form by or under state, municipal, or local authority.

37. Postal-savings bonds can only be procured by the conversion of postal-savings deposits, and will not be issued to persons who are not depositors, but whether in registered or coupon form, they may, upon receipt by the depositor, be sold and assigned at any time to any person desired.

INFORMATION.

Further information concerning the Postal Savings System may be obtained by application at any depository office or by inquiry addressed to the Postmaster General (Postal Savings System), Washington, D. C.

ALBERT S. BURLESON,
Postmaster General.

April, 1913.

WHERE TO BUY SUPPLIES.

For Bottles and everything needed to put up formulas, write to George Good & Co., 18 Cedar Street, New York City, who also makes a business of putting up articles ready for sale, under your own label.

Paper Boxes and Labels. E. N. Rowell & Co., Batavia, N. Y., and F. N. Burt, Buffalo, N. Y.

Drugs and Chemicals. Any wholesale drug or paint house will furnish these at regular market prices.

Rare Drugs. Write to Eimer & Amend, Wholesale and Retail Druggists, Third Avenue, New York City.

Essential Oils and Perfume Extracts. Antoine Chiris Company, New York City.

HELPFUL BOOKS.

The following U. S. Government booklets are sent free of charge to any one, upon application to the Secretary of Agriculture, Washington, D. C., who will also furnish a list of about 290 other free booklets on subjects of interest to the home and farm:

“Economical Use of Meat in the Home,”—this booklet contains valuable money-saving information and recipes and every family should have a copy. “Meat Composition and Cooking;” “Preparation of Vegetables for the Table”—a good cook book; “The Use of Milk as Food;” “The Care of Milk and Its Use in the Home.” These last two take up the subject of infant feeding and give instructions for modifying milk. “Eggs and Their Use as Food;” “Poultry as Food.”

The following books may be obtained from any bookseller or from the publishers direct:

Money Making. “Boosters,” “Selected Opportunities,” and “20th Century Wrinkles,” all by Benjamin Burdick,

are three instructive booklets giving plans for agents and mail order men. "Five Dozen Genuine Money Makers," by Chas. W. Howe. Conklin's "500 Ways to Make Money."

Recipes and Formulas. "Scientific American Cyclopedia of Recipes and Formulas," by Albert A. Hopkins. "500 Things Worth Knowing," by Arthur H. Kraus.

Household and Medical. "Dr. Chase's Recipes" (household, medical and workshop). "Houtaling's Handbook of Useful Information" (general information). "National Encyclopædia of Business and Social Forms," by McCabe. "The Housekeeper's Manual," by Catherine E. Beecher and Harriet Beecher Stowe. "Die Macrobiotic" or "Our Diseases and Remedies," translated from the German by Prof. L. H. Tafel. A valuable treatise on mineral requirements of the body. "Mother's Home Remedies," by C. C. Hollenback. "Vitalogy," by Drs. Wood, Rudduck and Reid, one of the most valuable domestic medical works. "The Secrets of Beauty and Mysteries of Health," by Cora Brown Potter. "Philosophy of Eating," by Dr. Bellows.

OFFICIAL MANUAL SUPPLEMENT REGISTRATION.

From time to time, separate supplements will be issued, containing the latest advanced information on the subjects of health, household economy, etc. These supplements will be available to registered subscribers so that those who have obtained this edition of the Manual may have the advantage of all later knowledge along these lines.

Registered members will be furnished with circular and table of contents of these supplements at time of issue.

THE UNITED STATES BUREAU OF ECONOMY,
Correspondent at Washington, D. C.
Supplement Registration Office,
Springfield, Mass., U. S. A.

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